

FITNESS

Winter Lesson 8

The Fit Flexibility

Flexibility is the ability of your joints to move through their full range of motion. Your degree of flexibility can vary around the body. Having flexibility in your muscles allows for more movement around the joints which means better posture, less muscle tension, reduced risk of injury and relaxation for the mind and body.

4+

In this session, students will warm up their bodies with a game of "Simon Says" in which they will try to follow our 'yoga shapes' stretchy game.

We will follow this with a FitNut Superstar circuit session and cool down with more yoga shapes to see if our bodies are more flexible at the end of our session.

7+

In this session, students will warm up their bodies gently working through our 'yoga shapes' stretches. We will follow this with a FitNut Superstar circuit session and cool down with our yoga shapes again to see how our bodies are more flexible at the end of our session.

NUTRITION

THE NUT

Breathe Better soup

Gary Garlic I'm a bulb with cloves in sections, I have the power to stop infection.

Olly Onion I clean your blood and fight disease, make sure you cook with lots of these.

Tommi Tomato I'll help you fight coughs and sneezes, and other nasty diseases.

Chris Carrot I can help your eyes, see in dark night skies.

Syd Sweet Potato I protect your eyes, and energise.

