

FITNESS

WEEK 1

Balance & Co-ordination: Balance is the ability to stabilize & produce movement. Coordination generally refers to moving two or more parts of your body at the same time to achieve a specific goal. Having good balance improves co-ordination and can be a huge benefit in many sports. From the basics at age 4 to perfecting motor skills as they grow into teenage years. Balance, rhythm, spatial awareness and the ability to react to stimulus are all elements of coordination. In the early years we use games to develop spatial awareness and move on to perform these skills using drills at increased speed as the kids develop.

Age 4+

In this session our FitNuts will warm up with a fun game of 'fruit throw'. We will perform our Super star circuit exercises and end with a game to try out our balance and coordination skills called 'One Knee'.

Age 7+

In this session, our FitNuts will warm up with a fun game of 'fruit throw' & 'veggie kick' followed by some juggling. We will perform our Super star circuit exercises and end with a game to try out our balance and coordination skills called 'One Knee'.

NUTRITION

Awesome Autumn Juice ingredients: Apples and Pears (Optional a sprinkle of cinnamon)

Adam apple An apple a day takes the toxins away.
Polly Pear I'm so sweet to taste & help your body get rid of waste.

This juice is particularly good for digestion.

