

# FITNESS

## Summer 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.

Age 4+

In this session the FitNuts will warm up with games of 'crazy train' and 'S3'. They will follow this with a FitNut superstar circuit session and end with a fun flexible cool down game called 'Bash ball'.

Age 7+

In this session the FitNuts will warm up with games of 'crazy train' and 'S3'. They will follow this with a FitNut superstar circuit session and end with a strengthening yoga inspired challenge called 'strike a pose'.

# NUTRITION

### THE NUT:

**Fruit Kebabs** - ingredients: Kiwi, Blueberries, Strawberries, Mango, Grapes, Pineapple

**Marilyn Mango:** I'm bursting with vitamins A, B & C, I will keep your eyes & skin healthy

**Kiki Kiwi:** I remove congestion, to help you with digestion

**Star Strawberry:** I take cuts and bruises away and give you energy to go and play.

**Billie Blueberry:** I protect every cell, and make your brain work well.

**Gabby Grape:** I help your muscles when you play sport, and I give your heart support.

**Pablo Pineapple:** When you need to heal a bruise, I'm the one to choose.

