

FITNESS

WEEK 3

Cardiovascular endurance is physical activity that can be performed for extended periods and uses major muscle groups. This type of exercise helps to strengthen the heart, Improves the body's ability to deliver oxygen to the muscles and helps improve sporting performance.

Age 4+ & 7+

This week in FitNut the children will warm up their bodies with some laps of the gym hall using various movements including walking, side stepping, skipping, galloping, jogging and running. We will work out our upper bodies with some swimming arm exercises and then play games to boost our cardio fitness 'Builders & Bulldozers', 'Cone Collect' & a relay race. We will cool down with colorful & stretchy 'rainbow tag'

NUTRITION

Sweet P: Pineapple, Carrot, Orange (add mint if desired)

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

OJ Orange: Juice me for Vitamin C, I will boost up your immunity.

Chris Carrot: I can help you eyes see in dark night skies.

Murray Mint: I help digest your food and brighten your mood.

