

COME AND BE NUTZ WITH US!



Getting your children to move and do some fun exercise is vitally important for their health and development. Try this short and fun activity today.

Push up!

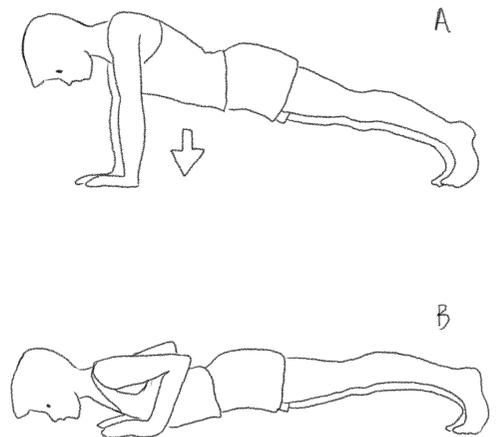
For children aged 3 - 5, try cobra push ups:

- Young children start face-down on the floor, with hands underneath the shoulders and elbows bent.
- Then they push up, lifting their heads and chests up and forward (but keeping hands, forearms, bellies, and legs on the floor).

For older children and adults, try knee push ups and full push ups. For these, it is vital that the correct body position is followed:

- Get down on all fours, placing your hands slightly wider than your shoulders.
- Straighten your arms and legs, keeping your back straight like a table-top.
- Lower your body until your chest nearly touches the floor.
- Pause, then push yourself back up
- Or, do the same, but with your knees on the floor, being sure to keep a straight back (even though it will be at an angle).

It is important for children to build their strength, even from a young age. This doesn't mean children should lift weights, but it does mean they can do simple exercises that use their own body weight as a resistance, and more importantly, these exercises should be fun for them. A push up is a simple and easy exercise that helps to strengthen the upper body including arms, chest and back muscles.



It only
takes
5
minutes!

Why? How to