

COME AND BE NUTZ WITH US!

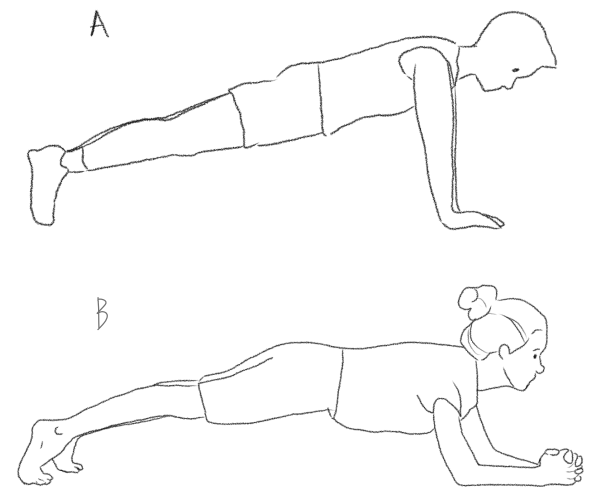


Getting your children to move and do some fun exercise is vitally important for their health and development. Try this short and fun activity today.

Plank!

How to Why?

- Holding the plank position helps to strengthen abdominal, back, and pelvic muscles as this position uses all those muscles to stay upright.
- Begin by lying on your stomach with palms on the floor next to your shoulders, feet and legs together, toes down.
- Lift your body up so that your arms are straight (palms below shoulders) and weight is balanced evenly between hands and toes, keeping the body as straight as possible (see image A).
- Don't let your hips drop or rise, and be sure not to shift weight to one arm. Remember to breathe.
- Try going down onto your elbows to make it more difficult (see image B) or even lifting 1 leg or arm at a time while holding the position.



Just like a tree needs a strong trunk to be able to hold the branches up, a child needs a strong core to participate in life's daily activities efficiently! Core strength refers to the muscles around the abdomen, pelvis and back. A strong core is needed for a variety of reasons including:

- Holding a good posture for fine motor activities (sitting at a desk, writing)
- Balance and stability (to keep them upright and prevent falling in daily activities)

It only
takes
5
minutes!