

COME AND BE NUTZ WITH US!

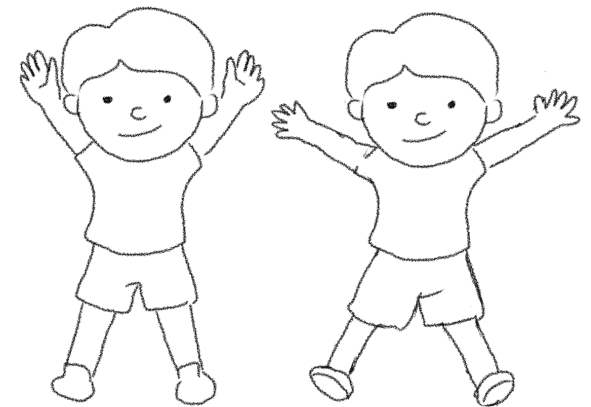


Getting your children to move and do some fun exercise is vitally important for their health and development. Try this short and fun activity today.

Star jumps!

Young children may need some guidance and practice to learn how to do star jumps. The best way to teach is to demonstrate and do it along with your child.

- Start by asking children to stand like a soldier: feet together, arms and hands straight down.
- Then tell them to jump by opening their legs and arms to look like a star: arms next to ears and legs a fair distance apart.
- Then jump back to the soldier position.
- Slowly increase the speed of the jumps until children understand the rhythm.
- Try doing star jumps to different songs and match the beat of the song. Start with a slower song and move to faster songs.
- See who can do the most star jumps during a song by counting them.



Star jumps are a fun and easy way to increase cardiovascular fitness and endurance (promoting a healthy heart) as they can be done, anywhere and at any time! They have a range of other benefits too:

- They help to develop and improve coordination skills
- They help children develop rhythm They help to strengthen muscles

It only
takes
5
minutes!

How to

Why?