

COME AND BE NUTZ WITH US!

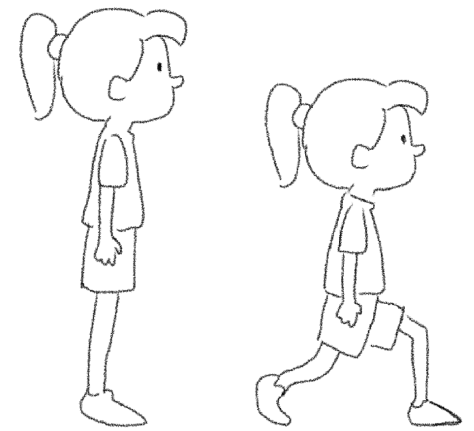


Getting your children to move and do some fun exercise is vitally important for their health and development. Try this short and fun activity today.

Lunges!

It is vital that lunges are done correctly as the incorrect technique can cause injury. Here is the proper technique:

- Stand straight, keep your upper body straight, shoulders relaxed and chin up.
- Step forward with 1 leg, lower your hips until both knees are bent at a 90 degree angle. Make sure that your knee is in line with your ankles so that you can still see your toes!
- Make sure that the other knee does not touch the floor.
- Now switch feet and repeat the same.
- To make it fun, play the game, squish the grape: cut out or draw pictures of grapes and spread them out over the floor. Tell children the only way to squish the grapes is to lunge forward and step on the grapes with the front leg.
- For older children and adults, try jumping lunges – swop legs by jumping up.



Why? How to

Less lounging. More lunging. Lunges can help children improve their balance, coordination and strengthen their legs. More specifically lunges help to:

- Strengthen leg, buttock and hip muscles
- Improve hip flexibility/Improve core stability

It only
takes
5
minutes!