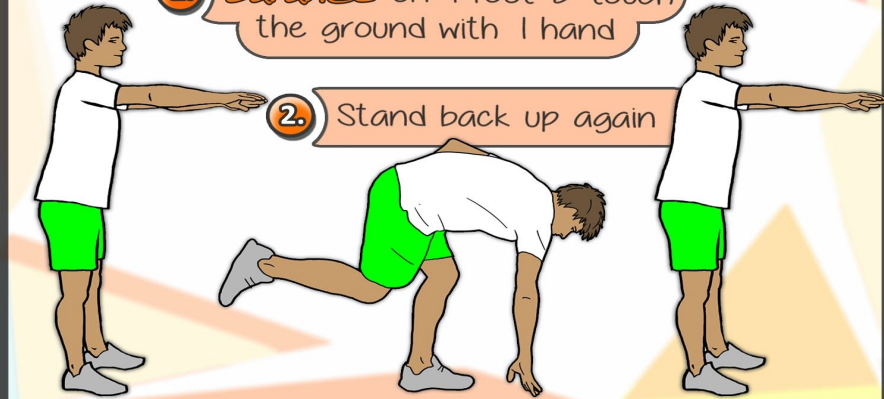


PH&E - FITNESS - Flexibility & Balance (0612)

Begin with one set of 8 (do each challenge eight times); next time: two sets of 8; next time three sets of 8.
Remember to give yourself a positive affirmation for your participation! Please use this copy digitally :)

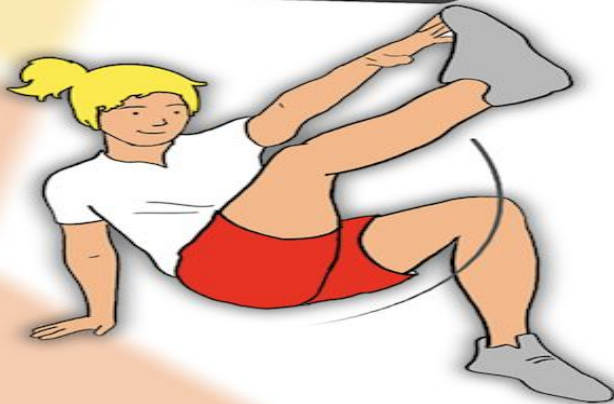
1 foot reaches

1. *Balance* on 1 foot & touch the ground with 1 hand
2. Stand back up again



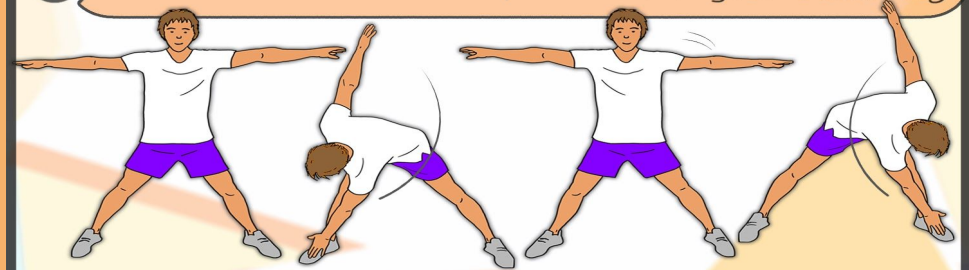
What you do for one side, you do for the other.

Crab kicks



Star stretches

1. Stand in a *star* as wide as possible
2. Reach with 1 hand to touch your oppsite leg
3. Go back to the star shape & touch your other leg



(don't bend your knees)

Slight bend in the knees please!

Hand underneath shoulder



Hold for 10 seconds, release and switch.
Then repeat for the other knee and arm.
Goal: to hold the position for 30 seconds.

PH&E - FITNESS - Core Strength (0612)

Begin with one set of 10 (do each challenge ten times); next time: two sets of 10; next time three sets of 10.
Remember to give yourself a positive affirmation for your participation! Please use this copy digitally :)

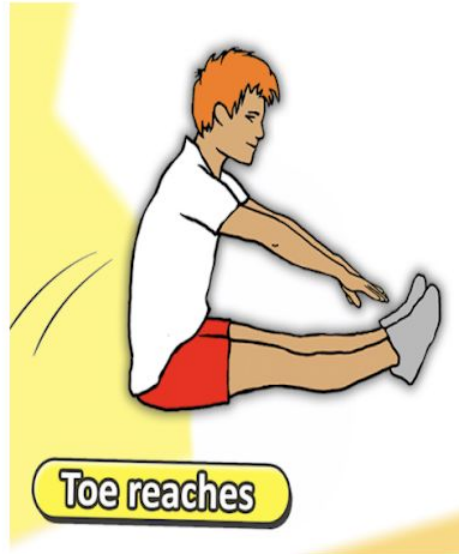


Ball twists

No ball, no problem!

Use a:

- box
- can
- knapsack!



Toe reaches

Have a slight bend in the knees;
Stop when pain is felt.

Alternative: reach for the
knees

Hold for 10 seconds, release
and repeat. Goal: to hold the
stretch for 30 seconds



Side scissors

One leg, then the other;
One knee, then the other



Bicycles