

Let's Stretch!

www.GoGetGrubby.com

Although our children's young bodies don't have all the aches, pains and strains that bother us as we get older, it is a great idea to start any of the listed physical activity and games with some simple flexibility exercises. Starting any physical activity with a quick stretch is a great way to promote and encourage our children to create healthy exercise habits early on and help them maintain their flexibility through adult hood. Don't forget to set an example; these simple stretches are great for adult bodies too!

The following is a quick routine that incorporates basic stretches into a fun pregame activity:

1) BIG & SMALL

Start by having the child crouch into a ball, telling them to try and make themselves as small as they possibly can. After holding for 10 seconds or so, have the child stand up and do the opposite; trying to be as big as they possibly can by reaching up into the air and standing on their tiptoes. Hold in this position and then repeat from the beginning of step one 3 or four times.

2) I'M A STAR

Have the child stand with feet a bit wider than shoulder width apart and arms spread out wide in the shape of a star. Now touch call out combinations and see if your child can match you. Example: (left hand to right foot) (right hand to left foot) (left hand to left foot) (Right hand to right foot) (Both hands to both feet) etc.

Go through each combination 3 or 4 times, pausing for 10 seconds or so on each stretch.

3) BIG HUGS

This one is simple and fun! Have the child give themselves a big hug encouraging them to see how far they can wrap their arms around their bodies. When they get there, give a big squeeze and hold for ten seconds.

Go Get Grubby!