

KEEP HEALTHY



with **THE YOGI GROUP**



How many of these challenges can you fit into a day?

Star Jumps Do 50 star jumps in a row and then sit down and put your hand on your heart and count your heart beats. Is your heart beating faster?
Can you do this again to make 100 star jumps?



Squat Challenge Can you do 2 sets of 25 squats to build up your leg strength?
How many sets of these can you do?

Tree Challenge Pretend that you are strong and brave like your favourite tree and practise the tree pose, try and hold it for 10 seconds on each leg.
Can you make it to 15 seconds on each side?



Yoga Statues Dance like no-one is watching! Every time your teacher stops the music, get into a different yoga pose and hold it for 10 seconds without wobbling!!

Plank Challenge Can you hold a plank for a whole minute? Build your core up and try this ultimate tummy challenge!



Eat the rainbow How many colours of fruits and vegetables can you eat today?
Can you eat every colour in the rainbow? Can you do this everyday?

