



Big Brothers Big Sisters of Yorkton & Area

Fitness Friday

April 16, 2021



Don't forget about the **50 Day Fitness Challenge** happening now. Head on over to the Facebook Group to join. <https://www.facebook.com/groups/bbbs50dayfitnesschallenge/>. All participants will be entered in a draw for an opportunity to win some awesome prizes.

Hey kids, here are some fun movement exercises for you!
Do each exercise for 60 seconds (one minute).



Hop like a Frog

Use your legs to squat and then hop up and down like a frog!



Crawl like a Crab

Sit with your hands behind you and your fingers pointed towards your feet. Lift yourself up off the floor like a crab!



Flap like a Bird

Pretend to be a bird by flapping your arms up and down like a bird's wings!



Slither like a Snake

Lay face down on the floor but don't let your arms or legs touch the ground!



Stand like a Flamingo

Stand with one leg off the ground. See how long you can keep your balance.



Be Tall like a Giraffe

Stand on your tiptoes and stretch your arms up as high as they go!

Remember: As with any workout, see a physician before beginning an exercise program. Each of us are built differently. Not all of these exercises are appropriate for everyone. Always train and exercise safely and within your individual ability.

Thank you to the DAAC for letting us borrow your content.

[Kids Help Phone](tel:18006686868) : 1-800-668-6868 [Crisis Services Canada](tel:18334564566): 1-833-456-4566 or text 45645
[First Nations and Inuit Hope for Wellness Help Line](tel:18552423310): 1-855-242-3310
[Canada Drug Rehab Addiction Services Directory](tel:18777461963) : 1-877-746-1963
[National Eating Disorder Information Centre](tel:18666334220) : 1-866-633-4220



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