## The Rules Of Exercising.

Always warm up before exercising and always cool down after.

## WARM UP

First I warm up so my muscles are ready. Then I STRRRETCH and hold it steady.

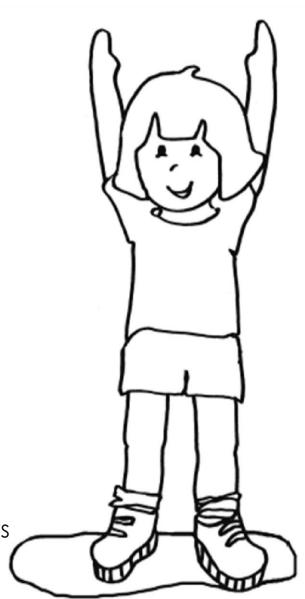
## EXERCISE

Flexible muscles help me when I run and play So I warm-up and stretch To keep them that way!

## COOL DOWN

Then I know the way to finish I cool down nice and SLOW"Cos" Stretch-n-Grow says

that's the Way to Go!



Dear Parents & Carers, this is your child's handout from this week's lesson. We have talked about this and it is a great opportunity for you to share what they have learnt in class. Please feel free to colour, draw and mark make



also on the reverse. www.stretch-n-grow.co.uk

