



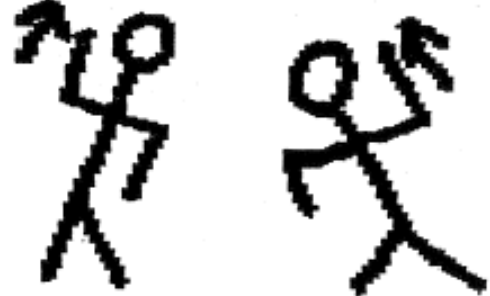
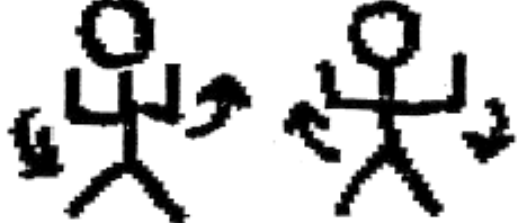
Warm-Ups and Stretching Exercises for Kids

--by Randi Drasin

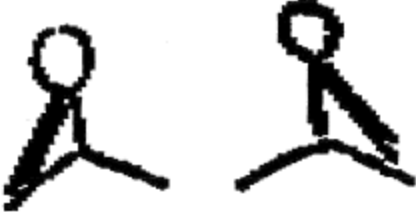



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Warm-Ups

 Two stick figures illustrating the jumping jacks exercise. The left figure has its arms raised above its head, and the right figure has its arms at its sides.	<p>Do 10 jumping jacks to warm up the muscles.</p>
 Two stick figures illustrating arm reaches. The left figure has its arms reaching down, and the right figure has its arms reaching up.	<p>Reach arms up and down 10 times.</p>
 Two stick figures illustrating side leaning. The left figure is leaning to the left with its right arm raised, and the right figure is leaning to the right with its left arm raised.	<p>Alternate arms side to side, leaning over to each side and counting to 10.</p>
 Two stick figures illustrating torso twisting. The left figure is twisting its upper body to the left with its arms raised, and the right figure is twisting to the right with its arms raised.	<p>Forearms and hands pointing up, twist upper body side to side to a count of 10.</p>

Stretches

 Two stick figures are shown side-by-side. The left figure is in a straddle position with legs spread wide. The right figure is in a straddle position with legs spread wide and one leg bent, representing a stretch to the knee.	<p>Sit in a straddle position, stretch to left knee and hold for 10; stretch to right knee and hold for 10; stretch center and hold for 10.</p>
 A stick figure is shown sitting on the floor with the soles of its feet together and knees bent, illustrating the butterfly stretch.	<p>Butterfly stretch: sit with soles of feet together, gently press knees toward floor with elbows, hold for ten. Then stretch chest toward feet and hold for 10.</p>
 Two stick figures are shown. The top figure is lying on its stomach with its head tilted back and hands pressed against its upper back, representing the seal stretch. The bottom figure is on its hands and knees with its back rounded and head down, representing the kitty-cat position.	<p>Seal stretch: Lie on stomach and look up at ceiling, press upper body up with hands to stretch lower back. Now move to kitty-cat position: up on knees and round lower back, keeping head and shoulders down to the floor.</p>
 A stick figure is shown lying on its back with its feet flat on the floor, knees bent, and hands flat on the floor next to its ears, illustrating the bridge stretch.	<p>Bridge: Lie on back, place feet flat on floor, bend knees, place hands flat on floor next to ears. Straighten arms and legs, pushing your body off the floor and making a "bridge."</p>

--Visit Randi Drasin's web page at <http://www.taltos.net/randi>.
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