

# Be a Healthy Hero today!



1 Prepare your Superhero Mask, ask a grown up to cut the mask out and prepare for the adventures ahead!

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6 Be careful, Superheroes sometimes are needed to crawl along the floor using their big arm and leg muscles.

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2 It's time to warm up your Superhero Muscles!!! It's so important to warm up before any physical activity, try running on the spot or jumping up and down.



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7 Some Superheroes use their invisible powers on their adventures, with your grown-up play hide and seek.



3 Don't forget to warm up your arms as well, Superheroes need to stretch up high and out to the side ready to zoom around!

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8 Superheroes work as a team, with a friend or grown up, copy each other's special superhero pose! Make your shapes big and small by stretching and bending.

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4 Now it's time to start your Superhero adventure, stretch your arms out to the side, carefully spin in one direction then the other to zoom, zoom, zoom.



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9 It's time to zoom back, this time jump your way back to your Superhero spot. With your grown up, decide what superpowers you have!



5 In your special Superhero pose, in a clear space, fly/run around the room looking for new adventures.

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10 Maybe your arms are SUPER strong to help you climb, maybe you can roll along the floor or maybe your legs can make you jump SUPER high in the air!

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