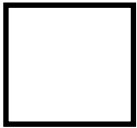


How exercise
affects your body

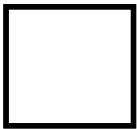
Arm circles



Plank



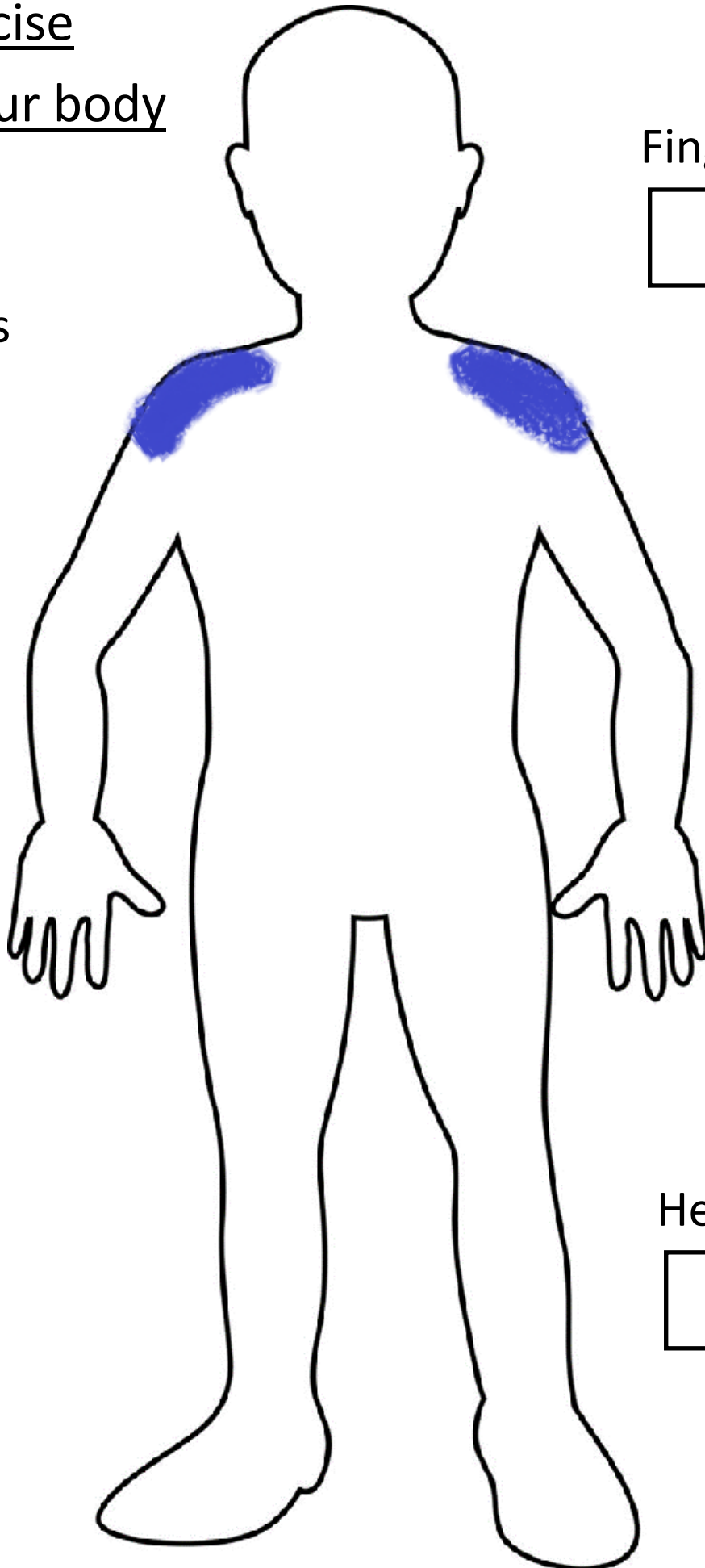
Wall sit



Finger curl



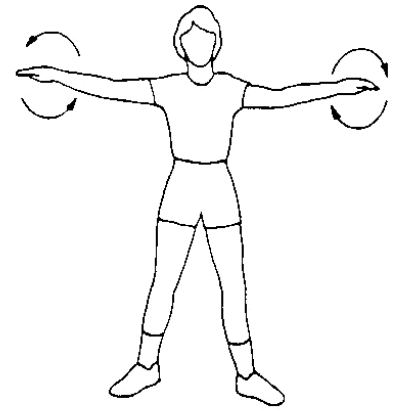
Heel raises



I have use blue to colour in the area of the body that the arm circles exercises.
Colour in the other areas of the body that the other exercises focus on.

Arm circles

For this exercise, stretch your arms out wide like a scarecrow. Keep your arms straight - no bending at the elbow. Then make your arms rotate in small circles. It won't take long....



Wall sit

With your feet shoulder width apart, lean back against a wall and lower yourself down until you are sitting on an imaginary chair. Pressing against the wall keeps you from sliding down. How long can you last?



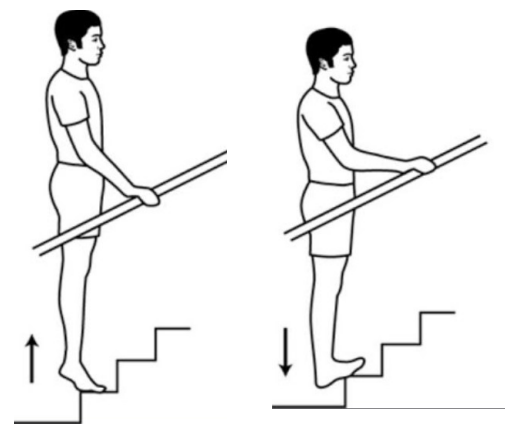
Finger curl

Place some books in a bag until it is quite heavy. You should still be able to easily lift it. For the exercise, keep your arm hanging by your side and uncurl your fingers to lower the bag. Then curl your fingers back up to raise the bag. Repeat.



Heel raises

Stand on the bottom step of a flight of stairs, with your heel just dangling over the edge. Raise yourself up as high as you can on your toes. Then lower yourself back down as low as your heel will go. Repeat.



Plank

Hold this position for as long as you can. You might start shaking. Don't worry - it's not an earthquake.

