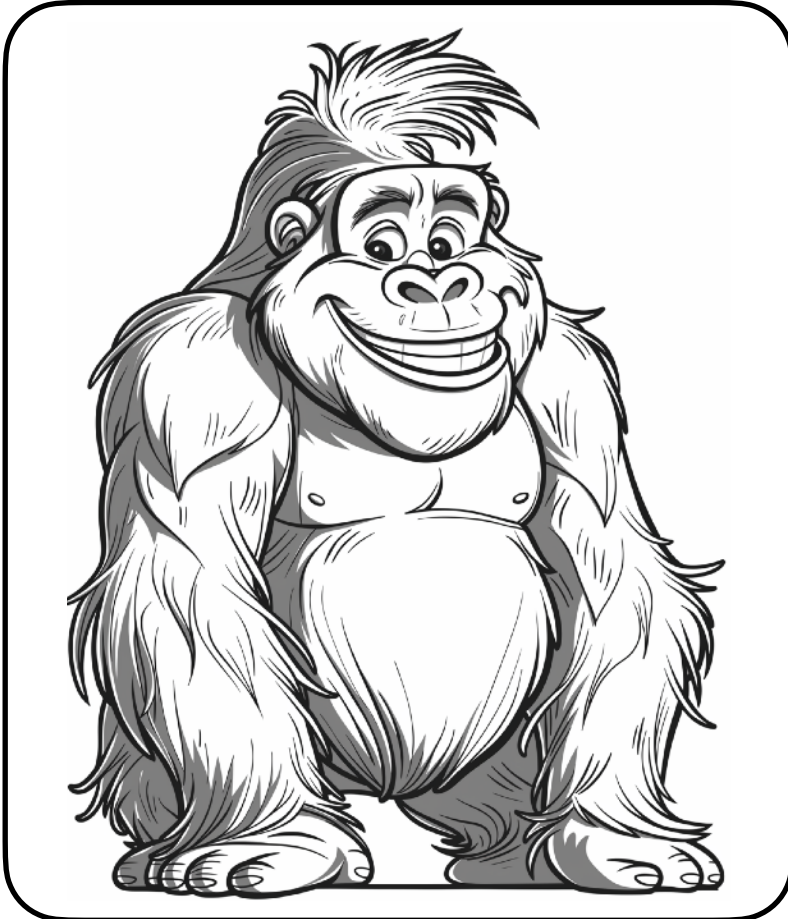




Fitness



Color the Gorilla!

Did you Know?

A gorilla can laugh and eats only plants. Gorillas are at least 6 times stronger than a human!

Breathing skills

Squeeze the Ball & Up and Down
Move the Ball in front of Body
Developing Elbow Position

MONTHLY TOPIC - STRANGER AWARENESS

REVIEW AND Q&A

How can improving your Fitness help out with your overall health?

What is Fitness and how did we work it today?

SKILLS FOR TODAY BASED ON BELT

SKILLS ADVANCE WITH EACH BELT
PRACTICING:

INTRODUCING FOUNDATIONAL
CALISTHENICS,
ALL STRIKES, KICKS AND STANCES, BLOCKS
AND FORM

Safety Tip -

We can get strong winds and rain in the Spring, make sure to hold your umbrella tightly so it doesn't fly away!

Daily Checklist

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Did I sleep 10-12 hrs?							
Did I eat 3 healthy meals?							
Did I choose healthy snacks?							
Did I exercise today for 20 minutes or more?							
Did I wash my hands after restroom and before eating?							
Did I brush my hair and teeth?							
Did I take a bath or shower?							
Did I sit & stand with a tall body?							

