

# STAY ACTIVE AT HOME



## FLEXIBILITY ACTIVITIES

### Activity 1

#### Touch Your Toes

Step 1: Hands on top of each other,

Step 2: Try to touch your toes on one foot

Step 3: Hold for 3 seconds

Step 4: Same on your other foot.



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## FLEXIBILITY ACTIVITIES

### Activity 2

Side to Side

Step 1: Make a star shape standing up.

Step 2: Stretch down one side of your body, down your legs and to your feet.

Step 3: Then down the other side of your body.

Repeat 20 times.



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## FLEXIBILITY ACTIVITIES

### Activity 3

#### The Limbo

Step 1: Put a skipping rope/ruler out to make a line.

Step 2: Balance the line on something so it's in the air/someone hold.

Step 3: Try and 'limbo' under the line.

Move the line further down to make it harder.

