

TIP 2

WAYS TO GET FITTER

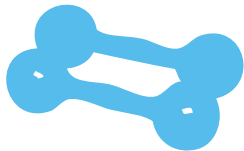


Some activities are good for **stretching your muscles,** like doing the splits in gymnastics or stretching over a high jump bar at athletics

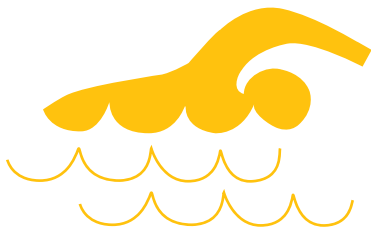


Some activities are good for **relaxing,** Like yoga, pilates and tai chi

Some activities are good for making your **bones and muscles strong,** Like push ups, lifting and chin ups and many others



Some activities are good for your **heart and lungs,** Like running, jumping, skipping, swimming and lots more



Some activities are good for **coordination,** Like tennis, dancing and karate



Some activities are good for **learning team skills,** like soccer, netball, basketball and hockey

