

1

BACK SCRATCH



When we sit a lot, the muscles in our shoulders, upper back and neck can get tight, stretched and not work so well. This easy check in shows if your muscles need a little help.



Instructions:

Put one arm above your head and take it down behind your shoulder

Put the other arm behind and up your back.

The goal is to be able to touch the fingertips of the other hand

Repeat the same thing on the other side.

It doesn't matter if you cannot touch your fingertips together, it just show you that this is something you can work on to help your muscles work a bit better. We will show you how throughout the Zespri Young and Healthy Virtual Adventure

Note down how you think you went on your “Check-In” sheet to compare your progress later.



2

MIND YOUR MIDDLE

As we spend a lot of our time sitting or lying down our muscles in our middle (called our abdominals and our erector spinae muscles), can get a little lazy affecting our posture and possibly causing us lower back pain.

Do either option in this check-in activity to see if your middle muscles need a little help to get stronger.



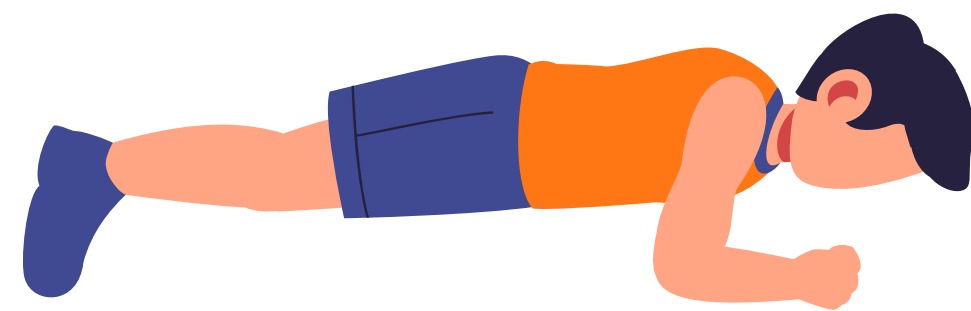
Instructions:

Start on all fours with hands and knees in alignment and your back flat.

Lift one arm out in front, then lift the opposite leg.

Try to hold this position for the count of 10.

Repeat on the other side.



Instructions:

You may be strong enough to do this option.

Make sure your body is nice and flat and your bottom is not in the air.

Try to hold this position for the count of 10. If you can, then see how long you can hold it for up to 60 at most.

Note down how you think you went on your “Check-In” sheet to compare your progress later.



3

SIT & REACH



Being flexible is really important because it helps us to move freely and use the full range of motion our body is capable of to enable us to do everyday things.

This check in shows you how flexible your leg and back muscles are. Sitting a lot can make these muscles tighter, perhaps giving us lower back pain and making it harder to do everyday things as well as play games and sport more easily.

Instructions:

Sit on the floor with your feet out in front.

Gently reach forward as far as you can while keeping your knees flat to the floor.

Try to hold this position for the count of at least 2.



The goal is to be able to reach your toes, but don't worry if you can't right now...it is something that you can improve over time.

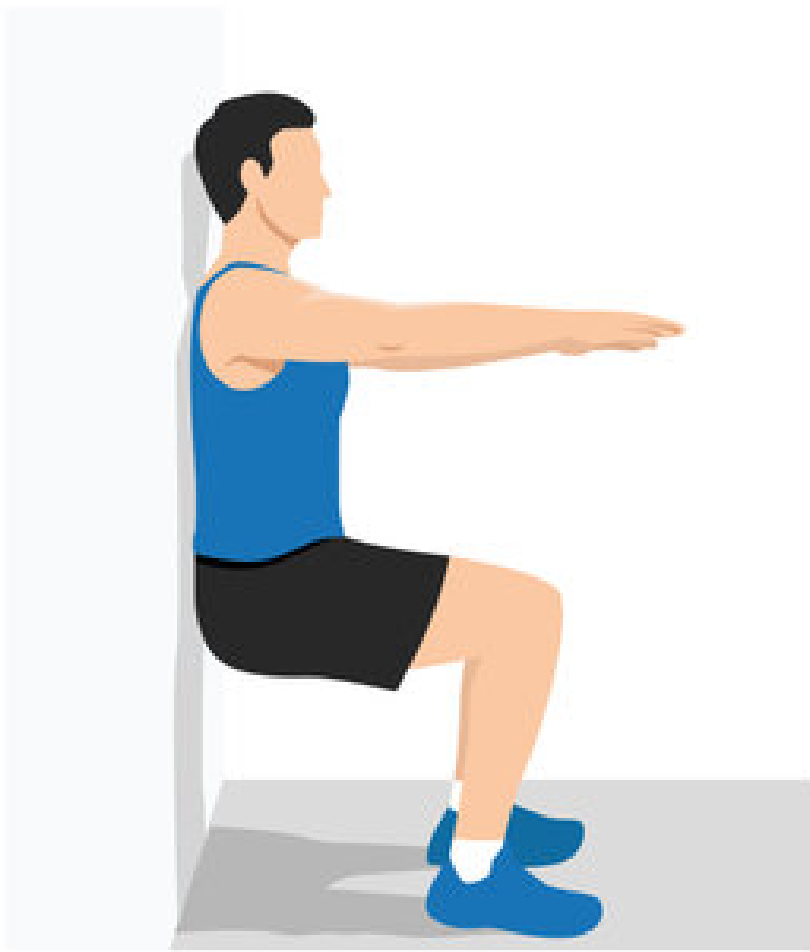
Note down how you think you went on your “Check-In” sheet to compare your progress later.



4

SIT OR SQUAT & BALANCE

Having strong legs is really important for lots of every day tasks like, carrying bags up stairs or helping in the garden as well as running around with your friends or dog. This check in will show you how strong your legs are or if they could use a little help!



OR



Instructions:

Leaning against a wall, “sit” with your knees bent.

Make sure your knees are just above your toes.

Your thighs should be parallel with the floor.

Try to hold for the count of 10 or up to a minute!

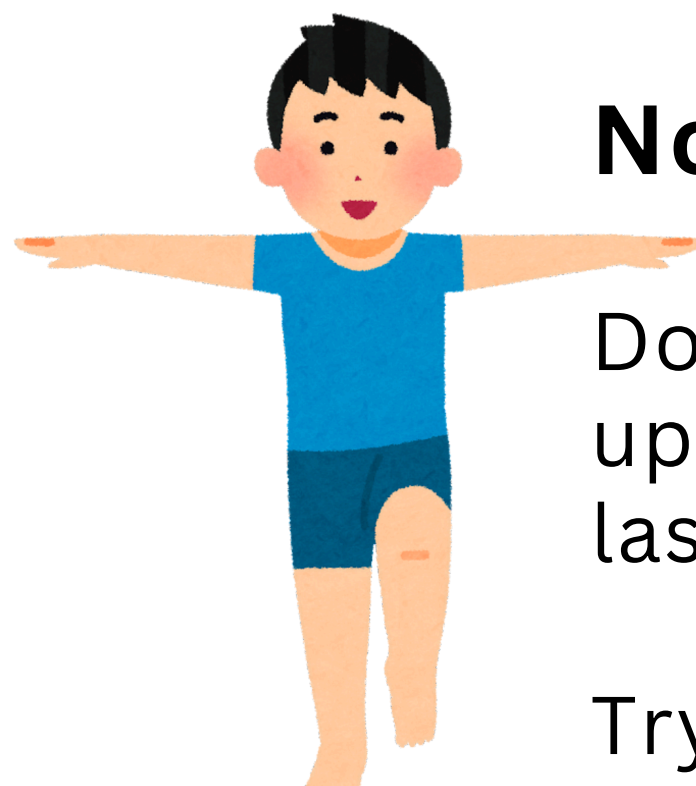
Instructions:

You may be strong enough to do this option.

Bend your knees as if you are going to sit on the chair, but go just low enough that your bottom just brushes the chair, then stand back up again.

Try to do at least 10 of these.

Note down how you think you went on your “Check-In” sheet to compare your progress later.



Now balance!

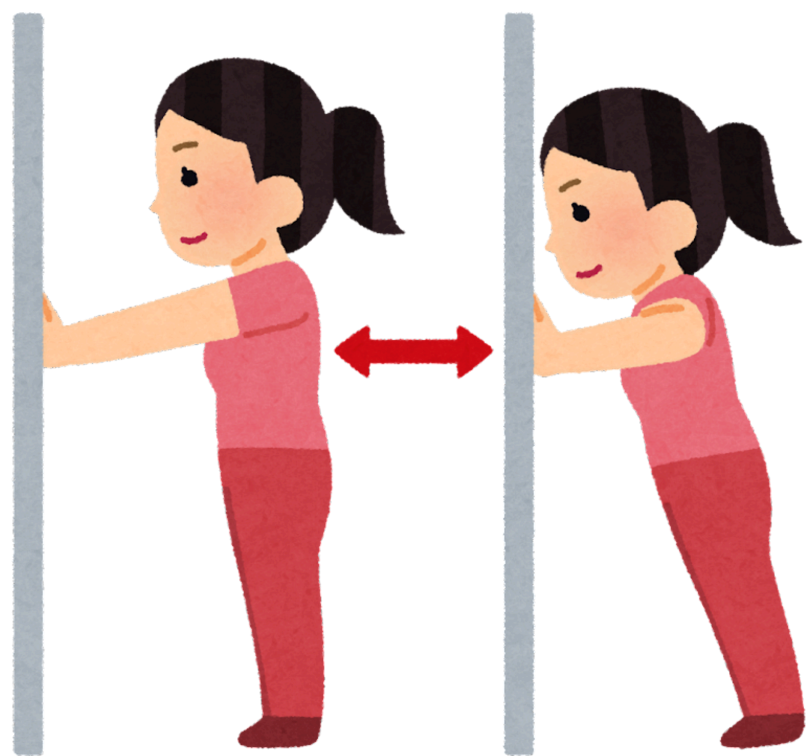
Do this on each leg and count up from 1...how long can you last?

Try the other leg too!

5

WALL OR FLOOR PRESS

Having a strong upper body is really helpful for everyday activities, like carrying your school bag, helping your whanau carry the groceries, as well as climbing trees, playing games and sport.



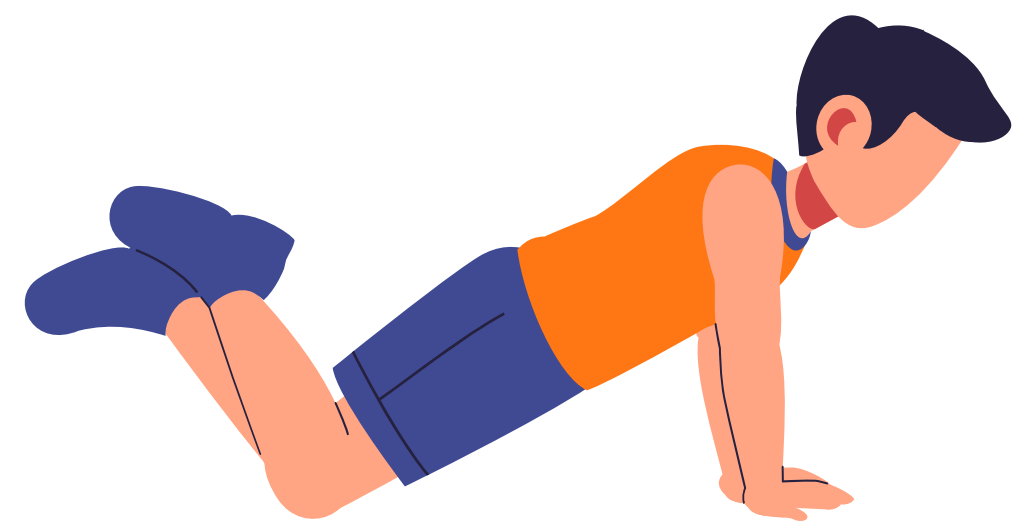
Instructions:

Put your palms flat against the wall at chest height. Then move your feet out so they are slightly behind you.

Hold your tummy nice and tight and bend your elbows so that your chest moves slowly towards the wall.

Press back out again and aim to do 5-10 of these.

As you get stronger, you can progress to the other push up example.



Instructions:

You may be strong enough to do this option.

Start on all fours, with your arms under your shoulders and your legs under your hips.

Then move your knees back slightly like the image above - you can leave your feet on the ground.

Slowly bend your arms so that your chest lowers towards the floor, then come back up again. Try to do at least 5 or 10 of these.

Note down how you think you went on your “Check-In” sheet to compare your progress later.

