

Core Strength

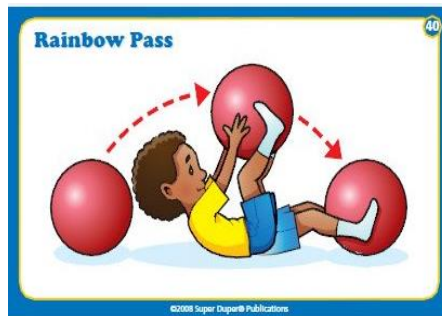
Part 2

How do you do it?

| Adults strengthen muscles by: | Children strengthen muscles by: |
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| <ul style="list-style-type: none">• Going to the gym• Pumping iron• Exercise repetitions• Therapeutic exercises | Spontaneous Play <ul style="list-style-type: none">• Running (fast, slow, up and down hills and backwards)• Climbing (onto chairs, stairs, slides)• Walking (small steps, big steps, through the snow, sand, and grass) |

MOVING CHILDREN ARE LEARNING CHILDREN!

Exercises for children to help build core muscle strength



As Cindi Lauper said "I just want to have fun!" Engage with your child in one of the above spontaneous play activities by using the inflection of your voice. Use a big voice when doing big steps and squeaky voice when doing small steps. Or engage your child in one of these 3 ball passing activities.

Kids Moving Forward, a Monthly Gross Motor Newsletter, presented by your physical therapists