

# Yoga – Cat Cow

Good for indoor or outdoor play



## What You Will Need:

- Yoga mat or towel
- Small area to spread mat or towel
- Comfortable clothing

*For better health, adults need 150 minutes of physical activity a week and kids need 60 minutes of active play each day. Turning exercise into play makes the minutes quickly add up! Try simple and fun yoga poses with your kids and you'll have a great time!*



## Build up your strength and flexibility by practicing yoga poses!

1. Start on your hands and knees.
2. Breathe in and arch your back by pressing your tummy toward the floor and look up.
3. Breathe out, round out your back, drop your head and look for your belly button.
4. Return to the start position.

Visit [CaChampionsForChange.net](http://CaChampionsForChange.net) for healthy tips.



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