

# Yoga – Warrior

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. Stand with your feet wide apart and pointing forward.
2. Turn your right foot out to the side about 90 degrees
3. Breathe in and raise your arms to shoulder height out to your sides. Your arms will make a straight line across your body.
4. Breathe out, look over your right hand then bend your right knee to lower yourself into a lunge position.
5. Hold this position for two breaths.
6. Straighten your knees and return to the starting position.
7. Repeat on your left side.

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