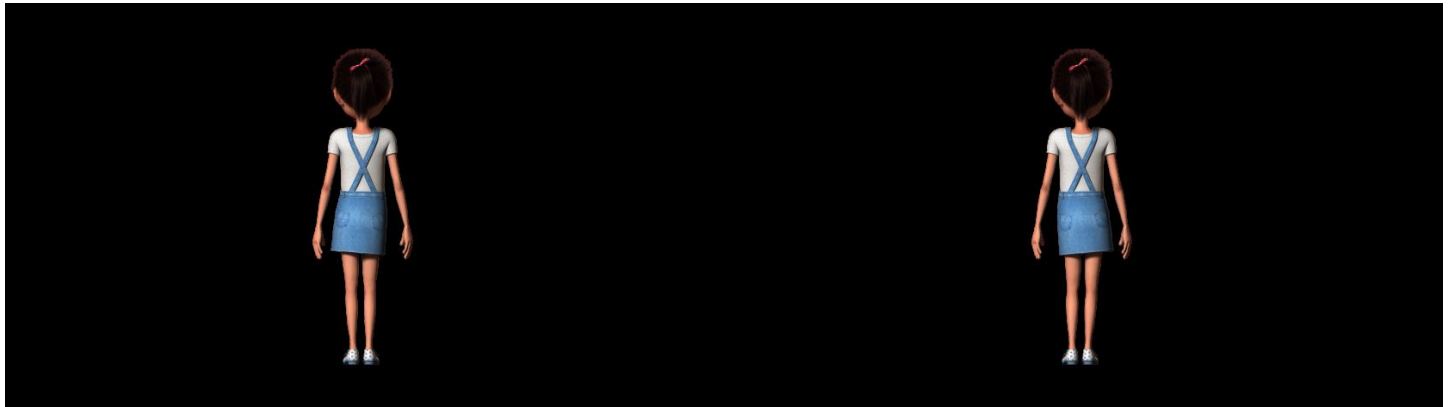
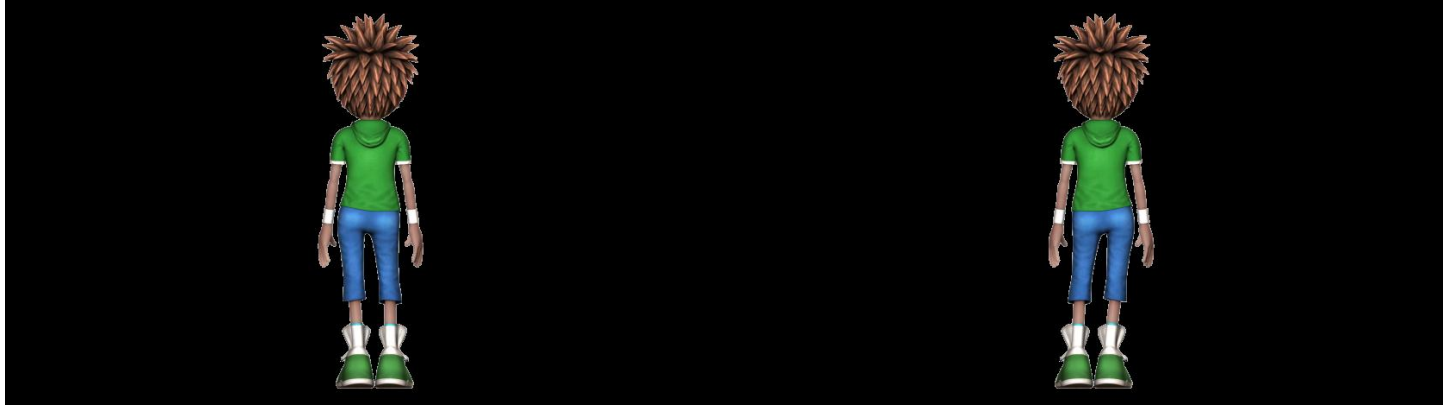


The Shake It Exercise



You want to be more active after sitting on the couch or endless apping on our phone.

Then go stand up straight. Keep your shoulders in one position and shake your buttocks from left to right.

Do this movement 10 x to the left and 10x to the right. Take a break.

Repeat this exercise 3x in total.

Got shaken up? Well done!



Already done three exercises? Not yet? Then continue with the next exercise.

Watch out:

Exercising should be fun and it should make you move better. Does it hurt during the exercise or do you feel uncomfortable? Then tell this to your parents / caretakers and stop the exercise.

Wilt u de plaatjes erbij?

Ja, met plaatjes Ja, met plaatjes Nee, zonder Nee, zonder