



#KPSLovesKeepingFit&Healthy



We all love keeping fit and healthy in KPS.....here's some ideas that you can try at home!

We miss having our weekly yoga sessions with Gaynor (from the nursery)....so why not try some yoga at home?!

You can find some fab yoga session on **You Tube**.....search for **COSMIC KIDS YOGA** and **YOGA FOR KIDS WITH ALISSA KEPAS**. Good luck!



The P2 & P3 children loved their weekly Zumba sessions with parent Diane Henderson....so why not try some Zumba at home?!

You can find some fun Zumba sessions on **You Tube**.....search for **ZUMBA WITH DOVYDAS** or look at www.family.gonoodle.com (scroll down and click on 'Zumba Kids')

We also love completing the Muga Mile in KPS! You can continue to do this on a daily walk....or even around the house! All you need to do is walk for 15 minutes!

If you want to give yourself an extra challenge then why not complete a virtual walk.....sign up here.....

www.worldwalking.org

Tweet photos of how you are keeping fit and healthy to @KilmacolmPS