



## WAIST TWISTS

Flexibility affects how far your muscles can stretch and how easy it is to do other exercises.



### Procedure

- Stand up straight, feet shoulder-width apart, with your hands on your hips.
- Slowly twist your upper body to the left, making sure to keep your hips and legs in place.
- Return to center.
- Slowly twist to the right.
- Repeat on both sides for 20 sets.

### Results

Waist twists increase your flexibility, which contributes to your overall fitness and makes other exercises easier.

### Why?

Flexibility is the range of motion you have in a given muscle set. Some muscles can be short and tense, but with the right exercises, you can stretch and loosen them. That means you have better range of motion with that muscle group. Flexibility exercises like waist twists can be done when you first wake up to get your blood flowing, or they can be done after other exercises to relax your muscles.

To learn more about health, check out the Pink Palace Museum's *Fit Kids* passport and the *Tiger Hoops* exhibit.

This activity was adapted from the Pink Palace Museum's *Fit Kids* Passport.