



GET ACTIVE

with Disney.Pixar's The Incredibles

Disney

BRITISH
Nutrition
FOUNDATION

SECONDARY

BUILD YOUR ULTIMATE INCREDIBLE WORKOUT

We all know it's good to keep active. So your challenge today is to create the ultimate workout – inspired by resident fitness family, The Incredibles. Your 2-minute workout should include a combination of stretches, exercises and movements – but also be simple enough for you to teach a friend.

Why not try...

- Mr Incredible's strength training
- Elastigirl's morning yoga
- Dash's super sprints

BONUS ACTIVITY:

During lunchtime, head out to the school field with your pals for an 'Incredible Boot Camp' show off session. Break down each move and have a go at each other's combinations. Remember to add some warm-up exercises and cool down stretches! Be sure to have a healthy lunch, with a cool drink.

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THE INCREDIBLES

