



# LIVE YOUR WHY

## Afterschool Edition



Plank exercises help improve your core, posture, flexibility, and balance. \*

\*lifehack.org/292578/7-things-that-will-happen-when-you-do-planking-exercise-every-day



### Try these planking exercises:

20 Plank Exercise Variations - Moves For A Plank Workout



Scan this:



[youtube.com/watch?v=bHOteDDCrLs](https://youtube.com/watch?v=bHOteDDCrLs)

What other exercises do you know that help improve your core muscles (chest and stomach areas of your body)?



Looking for other ideas to help plan your afternoon? Visit us at [www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)