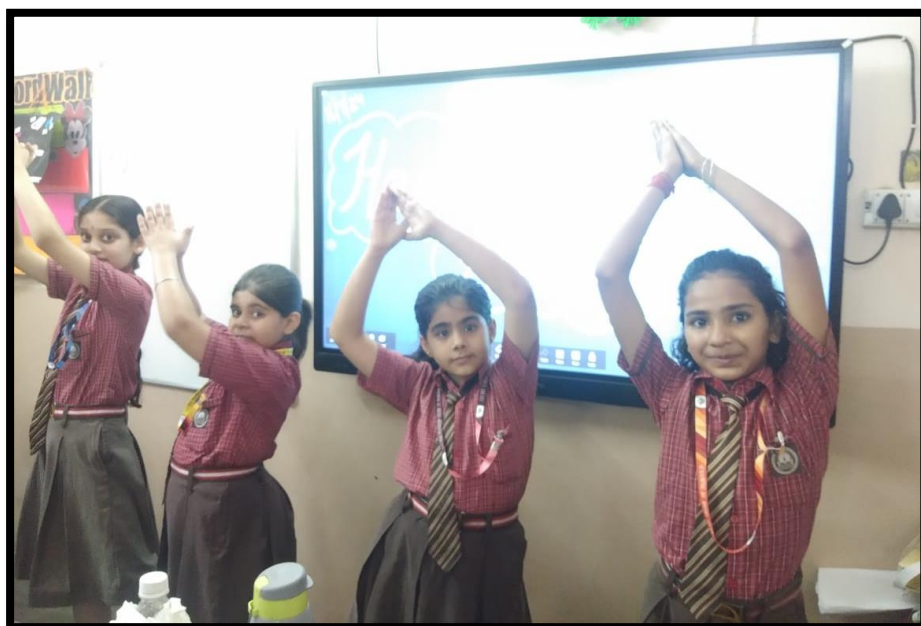
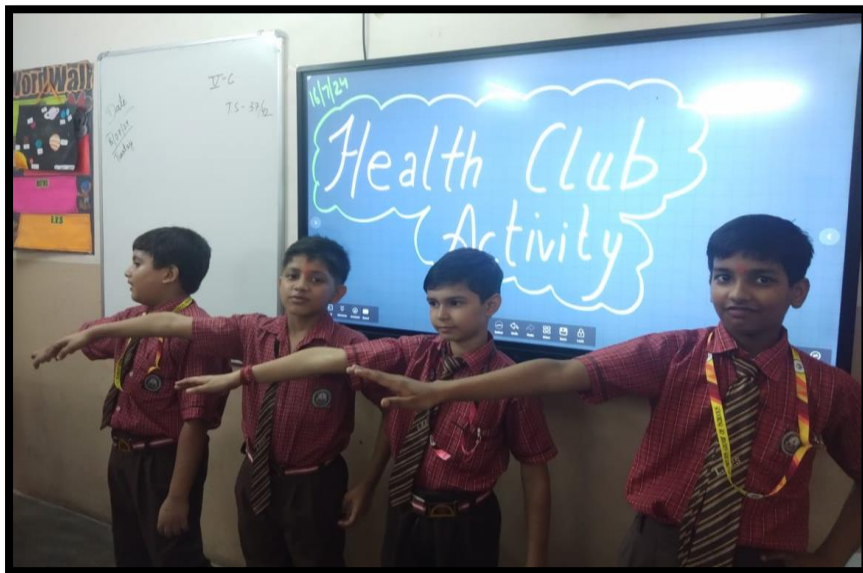


# HEALTH CLUB EXERCISE SESSION

## (16.07.2024)

*A dynamic exercising session was conducted for students of classes 3 to 5 under the expert guidance of Little Flowers Public School's Health Club. The session focused on age-appropriate exercises emphasizing physical fitness and overall well-being. Students enthusiastically participated in warm-up activities, followed by a mix of aerobic exercises, strength training, and flexibility routines. The session concluded with relaxation techniques, leaving students refreshed and energized.*







**LFPSYV III A Health Club  
Exercise Session**







Health Exercise Session Lfps YV  
3rdB

