

*Niente  
virus .....*



*solo  
SPORT*

# Piramide dell'attività motoria



In questi giorni di "forzato riposo" vi raccomandiamo di non diventare parte del divano!!!

- Tra compiti e studio trovate il tempo per
- una corsa
  - qualche esercizio di mobilità
  - qualche lunga camminata con velocità tra i 4-5 km all'ora
  - alcuni esercizi di potenziamento muscolare ricordando tutti i nostri muscoli



**Una corsa per scoprire  
l'ambiente intorno a te**



2-a

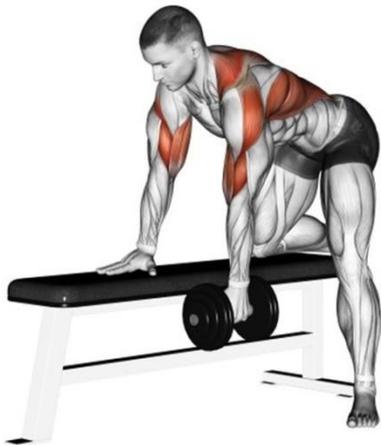
ESTENSORI DELLE BRACCIA



E PETTORALI



2-c DORSALI



2-b PETTORALI

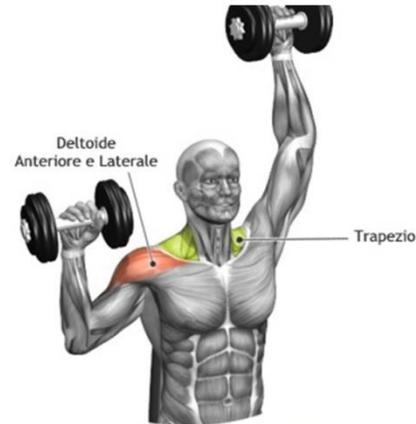


2-d

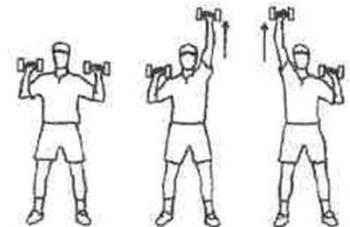
ELEVATORI

ED

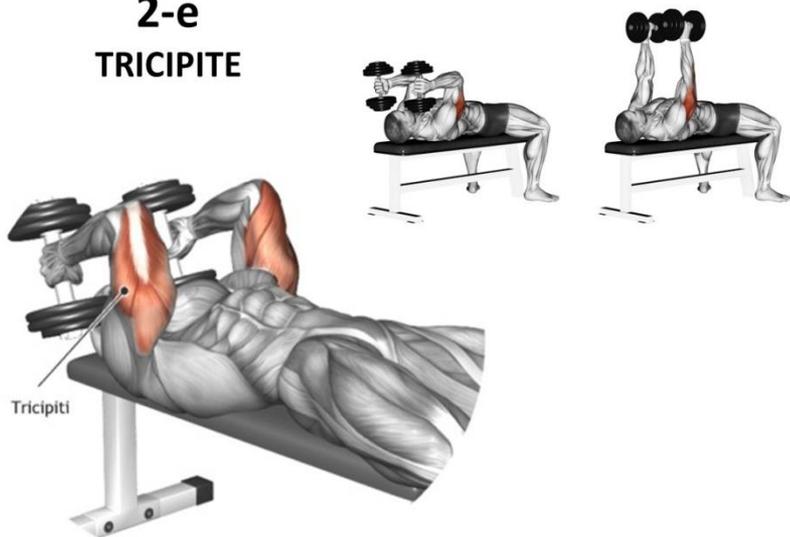
ESTENSORI DELLE BRACCIA



Muscoli principali Muscoli secondari Muscoli accessori

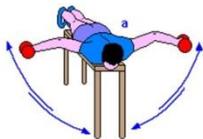
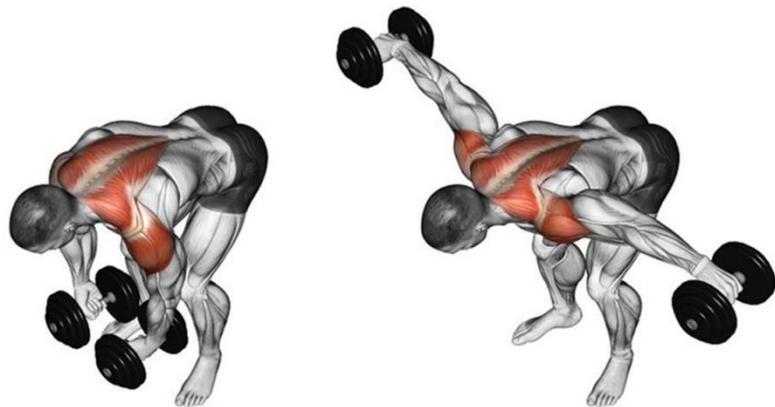


## 2-e TRICIPITE

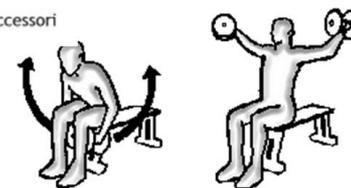


■ Muscoli principali ■ Muscoli secondari ■ Muscoli accessori

## 2-g DORSALI ALTI



■ Muscoli principali ■ Muscoli secondari ■ Muscoli accessori



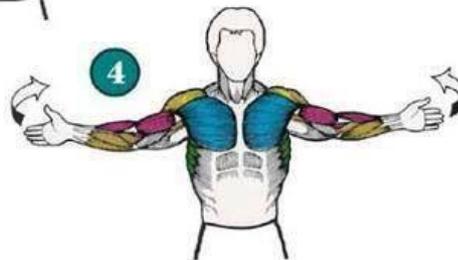
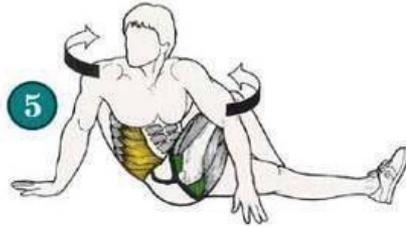
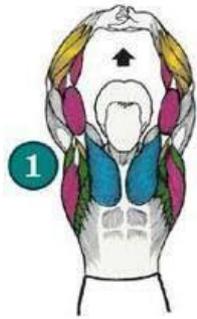
## 2-f ELEVATORI

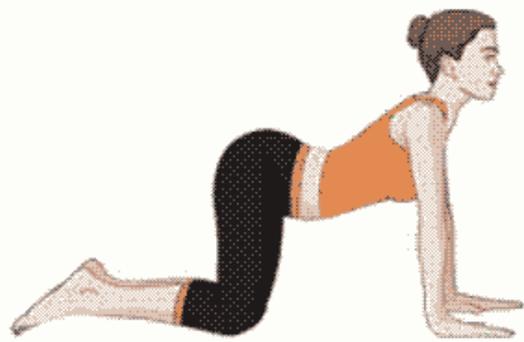
## 2-h ALZATE AVANTI



■ Muscoli principali ■ Muscoli secondari ■ Muscoli accessori

# Stretching for Flexibility





CAT AND COW STRETCH



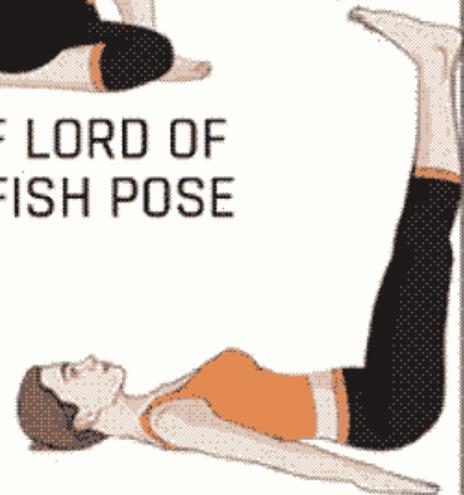
HALF LORD OF THE FISH POSE



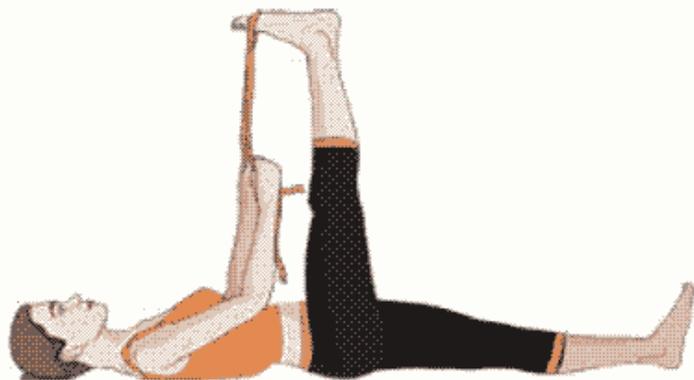
CHILD POSE



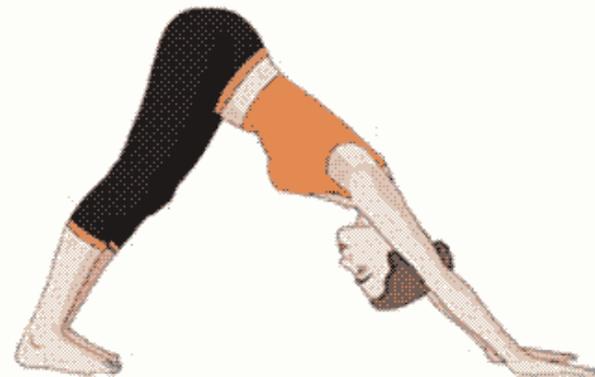
PALM TREE POSE



LEGS UP THE WALL



SUPINE HAMSTRING STRETCH



DOWNWARD FACING DOG POSE

Child's Pose



Revolved Head-to-Knee



Forward Folds



Puppy Pose



Twists



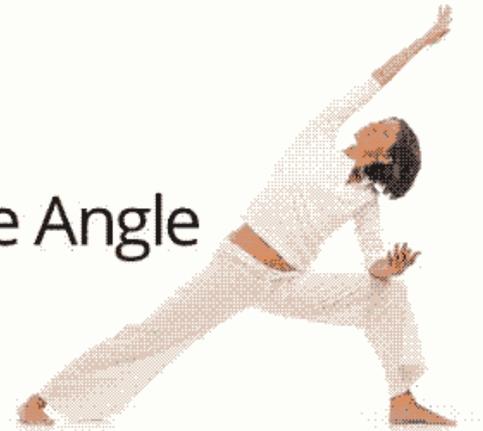
Cat



Down Dog



Side Angle



Head-to-Knee



Plow



# I benefici della camminata veloce

ABBASSA LA PRESSIONE  
ARTERIOSA E CONTROLLA  
IL RISCHIO DI DIABETE

MIGLIORA L'UMORE  
E RIDUCE LO STRESS

45 MINUTI DI CAMMINO AL  
GIORNO PERMETTONO UN  
DIMAGRIMENTO GRADUALE  
ED EQUILIBRATO

RIDUCE IL COLESTEROLO

UN'ORA DI CAMMINATA  
VELOCE CONSUMA  
TRA 100 E 200 CALORIE

UN'ORA DI CAMMINATA  
VELOCE BRUCIA  
6 GRAMMI DI GRASSO



Cammina, cammina...