

## Crab Walk

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- Sit on the floor with your hands behind you, knees bent, and hold a basketball or beach ball on your lap
- Raise your hips so you are supporting your weight on your feet and hands
- Balance the ball on your stomach; you may need to keep your hands and feet closer together to keep it there
- If you are with a group of people, hold races to see who could cross the finish line first without dropping the ball
- This is also a good equalizer for parents and kids: have the child crab walk without the ball and the parent with the ball to slow them down
- Most of all, have fun! Let the children decide how they want to play the game
- Tip: the heavier the ball, the easier it is to keep it on your stomach
  
- It is recommended that children spend at least an hour of activity every day. It is also recommended that children do not spend more than an hour at a time sitting (watching TV, etc.)

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### Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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