



Hanjo Fritzsche

Jump Like a Kangaroo!

Illustrator: Olga Antonava

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Exercising is fun!

Stalk like a tiger, waddle like a duck, stride like a crane - with these and 13 other exercises, movement comes into the nursery!

Child-friendly step-by-step instructions and animating pictures convey the joy of gymnastics to kindergarten children and their adult caregivers. Coordination is trained in a playful way, plus: posture problems and obesity are prevented. That's how children get fit like animals! Which is especially important at a young age, because it lays the foundation for a healthy lifestyle. Many interesting fun facts also provide an extra dose of knowledge

- 16 movement exercises based on animal models
- Promotes physical and mental development
- Includes interesting facts from the world of animals
- For children at kindergarten age, but also adults might be encouraged to join!
- Hanjo Fritzsche is a health coach and personal trainer with many years of experience

Hanjo Fritzsche

Hanjo Fritzsche ist Personal Trainer und Gesundheitscoach aus München. Mit seinem „Stand Up&Move!“-Konzept bringt er Bewegung in Unternehmen und macht seit über 10 Jahren mit seinen „Bootcamp-Workouts“ Menschen fitter und glücklicher. Durch sein Lehramtsstudium (Sport/Englisch) und seine Zeit als Jugend-Basketballtrainer hat er einen besonderen Bezug zu Kindern. Hanjo liebt Brokkoli, die Isar und Einhörner. www.healthpunk.tv

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