



# World School Milk Day 2025!

**Dairy Gives You Go!**  
For strong bones and moves!

## Grade 2 - DIY gym training weights

### Bottle dumbbells

#### What you need:

- Two small bottles
- Sand or water

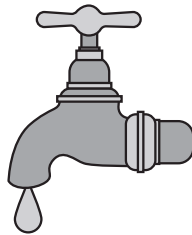
#### How to build:

- Fill the bottles with water or sand for weight.

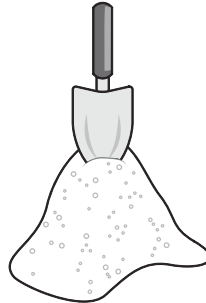
#### How to use:

- Hold the bottle in both hands.
- Lift it slowly to your chest and back down (like a curl).
- Try five to ten reps!

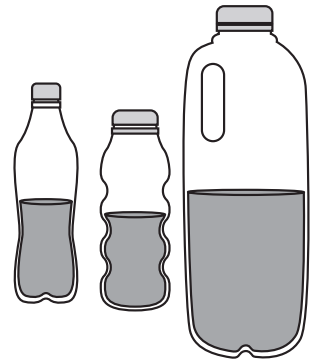
### What you will need:



Water



Sand



Bottles or jugs



Broomstick or stick



[www.dairykids.co.za](http://www.dairykids.co.za)

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## Jug barbell

### What you need:

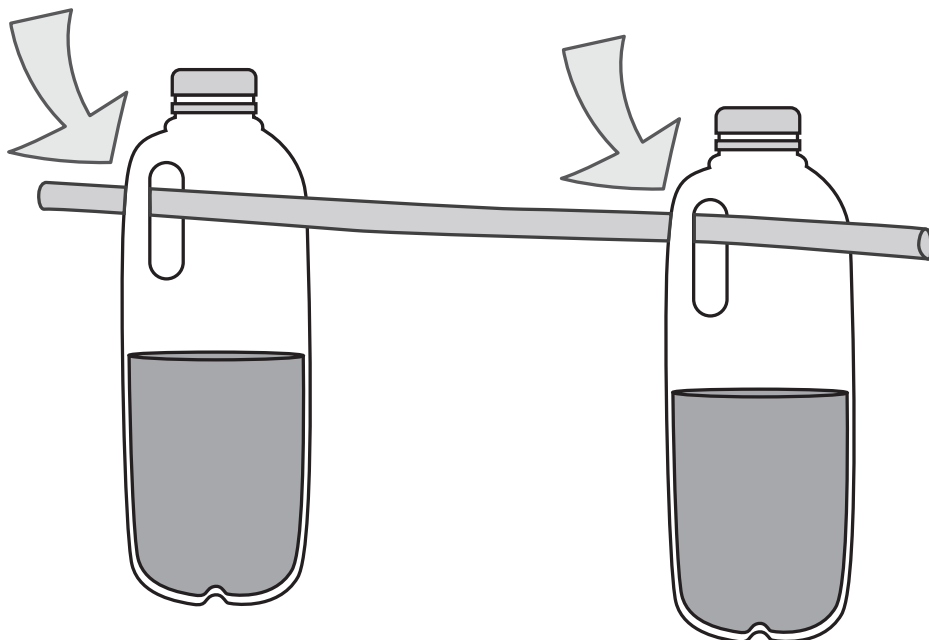
- Two large empty bottles (like milk bottles).
- One strong stick or broomstick.

### How to build:

- Fill the jugs halfway with water or sand for weight.
- Slide the stick through the handles of both jugs.

### How to use:

- Hold the stick with both hands.
- Lift it slowly to your chest and back down (like a curl).
- Try five to ten reps!



## Plastic bottle barbell

### What you need:

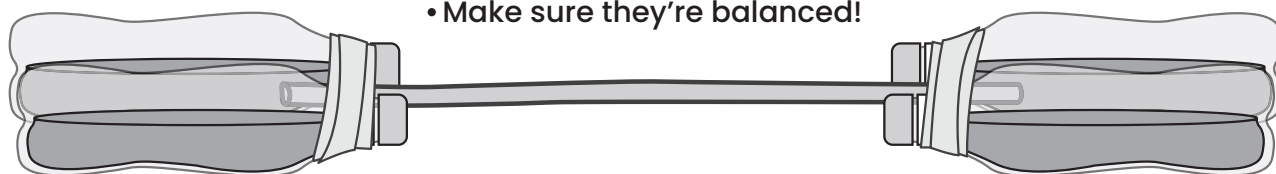
- Four to eight plastic 500ml bottles.
- Strong tape or rope or elastic bands.
- A sturdy broomstick.

### How to build:

- Fill the bottles with water or sand.
- Tape or tie them together on each end of the stick (two to three per side).
- Make sure they're balanced!

### How to use:

- Hold the bottle in both hands.
- Lift it slowly to your chest and back down (like a curl).
- Try five to ten reps!



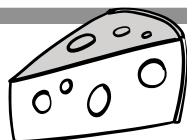
## Health message

### Dairy as a source of energy (fuel)

Dairy (like milk, amasi and yoghurt) provide nutrients that give you energy (fuel) to keep you going all day and build your body. These nutrients are called carbohydrates and proteins.

The **carbohydrates** (natural sugar) in milk are called **lactose**, that gives you **energy**.

The **proteins** in milk help to **build and repair** your **muscles** when you play.



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