

Movement Monday – Be Active



Physical activity can improve wellbeing, reduce anxiety and depression

- Aim to be active every day and minimise the amount of sedentary inactive time
- Over a week aim to accumulate at least 2½ hours of moderate intensity activity eg. 30 minutes on at least 5 days a week

1



Take part in the A-Z workout challenges posted daily by Mr Day.

2



Create an obstacle course in the house or garden for the whole family to enjoy. Maybe add challenges of beating personal best timings.

2

Take part in 'Family Olympics'. Agree on different races like running, wheelbarrow, egg and spoon or the three-legged. Take time to practise and then hold your own Family Olympics.

