

# 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 e.g. 30 minutes on at least 5 days a week

1



How many star jumps can you do in one minute? Can you challenge each other in your family? Can you beat your score?

2

Play compliment tag. As a family have a game of tig or hide n seek, when you tig or find the person you have to say a compliment to them.



3

Try this yoga pose to boost your mental wellbeing and improve self-confidence.

## Elephant Pose



### Benefits

Stretches legs and back, relieves stress and calms the mind.

- 1 Bend at the hips.
- 2 Let arms hang low then clasp fingers together.
- 3 Swing arms from side to side like a trunk. Swing whole body from side to side to walk like an elephant