

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

Try balloon volleyball. Tie string or something that can be a net between some chairs and use a balloon as a ball.



2

Fitness Jenga. Write different exercises on Jenga bricks or colour code them. When each player takes out a brick they have to do the exercise that's on the brick.



3

Play 'broom hockey'. Put masking tape on the floor to mark out the goals. Use brooms as hockey sticks and use a tennis ball or even a pair of socks.

