

# 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

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Yoga - Try the frog pose.

Squat on the floor and balance. Look up and inhale, as you breathe out straighten your legs so you are standing. Lower your head and repeat the pose again.

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

## Frog Pose

### Ardha Bhekasana



#### Benefits

Tones legs and increases hamstring flexibility.

- 1 Squat on the floor, balancing on your toes, knees spread wide, hands on the floor or out in front of you. Wherever makes you feel most balanced.
- 2 Look up and inhale. As you exhale, straighten your legs so you are in a standing position, lower your head towards your knees.
- 3 Return to the first position, then repeat.