



Want to take it to the next level?

- Do a 30 minute workout
- Do it twice today
- Swap out walks for runs
- Double the time
- Cycle/walk to work for a week
- How long you can hold a handstand?
- Do 3 activities in one day

Or come up with your own challenges!

Active August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Start the month with a walk to your favourite spot!	2 Do star jumps while the kettle boils	3 Dance to your favourite song	4 Hold a plank as long as you can	5 Move like an animal around the house	6 Spend an hour outside
7 Follow a 10-minute video of your choice	8 Take a small stroll on your lunch break	9 Go to a park	10 Say yes to everything you'd normally say no to	11 Do a creative activity	12 Take a photo of nature	13 Lift on to your tiptoes and then lower 20 times
14 Do the dusting	15 Throw air punches as fast as you can for 2 minutes	16 Do squats while brushing your teeth	17 Stretch while watching TV	18 Do 20 lunges before showering	19 Walk instead of drive/get off the bus one stop early	20 Pick your favourite activity and do it!
21 Cook a special meal	22 A day to take the stairs wherever you can	23 Trying something new using our activity finder	24 Grab two tins and do bicep curls	25 Go on a litter picking walk	26 Play a game	27 Going shopping? Park further away from the door
28 Mow the lawn or vacuum every room	29 Stretch for 5 minutes before bed	30 Take today to breathe and be present	31 End the month with a walk to your favourite spot!			