

Jiggle January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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- Go on a walk, whether it's short or long is up to you! 
- Find 10 minutes to follow an online video of your choice
- Stretch every limb for one minute after you get out of bed 
- Raise on to your tip toes and hold as the kettle boils
- March on the spot for two minutes
- Get some fresh air at lunchtime
- Squat every time you need to pick something up 
- Dance to your favourite song while making breakfast
- Balance on one leg while brushing your teeth 
- Choose the stairs where you can
- Lift your arms above your head slowly, ten times
- Jump up or jiggle whenever you feel tired 
- Read an article while standing up 
- Create a movement that matches how you feel
- Point to every bird you see 
- Do one minute of air punches before dinner
- Sit down and stand back up ten times 
- Twist your body at the waist while you think
- Bend down to touch your toes five times 
- Take the long way around the room
- Swap a car journey for a walk/bike ride 
- Wash and dry the dishes by hand 
- Make circles with your arms for two minutes
- Vacuum every room in the house
- Lunge from one side of the room to the other 
- Do ten wall press-ups
- Use today to be mindful or your surroundings
- Crafting day! Create or paint 
- Lift a household item ten times per arm
- Use our activity finder 
- Go on a walk, see how far you can go!



Feel free to adapt or replace activities so your Jiggle January best suits you!