

# Moving In May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Go for a walk with your loved ones	2 Hold a squat while the kettle boils	3 Leap as you enter a different room	4 Stretch at the start of every hour	5 Lift and lower your legs while sitting	6 Stay on your feet for 15 minutes	7 Jump every time you stand up
8 Follow a YouTube video of your choice	9 Choose the stairs	10 Do the house chore you've been putting off	11 Raise your arms slowly ten times	12 Dance to your favourite song	13 Spend time in your garden or local park	14 Carry in the shopping one bag at a time
15 Make circles with your hips	16 Outstretch your arms and pull them back in	17 Balance on one leg for one minute	18 Hop from one side of the room to the other	19 Stand on your tip toes while brushing your teeth	20 Host a scavenger hunt	21 Mirror a scene you see on TV
22 Mimic the action of your favourite sport	23 Swap a car journey for active travel	24 Stand up and kick when you need energy	25 Rotate your waist ten times on each side	26 Pretend you're climbing a ladder for one minute	27 Go to your favourite place	28 Repeat the action of your favourite day
29 Do something that makes you smile	30 Stretch for five minutes before bed	31 Get some fresh air at lunch time	Feel free to adapt or replace activities so your Moving In May best suits you!			