



# Active August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Walk for 15 minutes non-stop	2 Perform your favourite fictional scene at home	3 Squat for the duration of an online/TV advert	4 Dance to a song that makes you happy	5 Make an obstacle course	6 What can you create using things you find outside?
	7 Lift your feet off the ground and hold while you're sitting	8 While lying in bed, pretend to pedal a bike for two minutes	9 Try and juggle as many fruits as you can	10 Do your best impression of an animal moving	11 Punch forwards into the air for one minute	12 Spend an hour outside
14 Stand up while reading	15 Park further away than normal	16 Get some fresh air at lunch time	17 While sitting, gently rotate at the waist	18 Take the stairs whenever you can	19 Have a games night with your loved ones	20 Jump at the start of every hour
21 Use our activity finder to find a class near you	22 Roll your shoulders whenever you feel tense	23 Organise a draw or cupboard	24 Stretch when you've been still too long	25 Lunge to the other side of the room and back	26 Cook a meal you've never tried before	27 With your family or friends, visit the local park
28 Bring in the shopping one bag at a time	29 Flap your arms like a bird when you feel tired	30 Vacuum your home	31 Repeat your favourite day!	Feel free to adapt, replace or swap activities so your Active August best suits you!		

