

Join in July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 Repeat your favourite day		Feel free to adapt or replace activities so your Join in July best suits you!			1 Spend an hour outside	2 Play an active game
3 When you're standing still, do a stretch	4 Hold your arms up for as long as you can	5 Create a movement that represents how you feel	6 Take the stairs whenever you can	7 Do 20 squats before getting in the shower	8 Pick your favourite activity and do it	9 Go on a walk with your loved ones
10 Raise each leg ten times while sitting	11 Dance to a song on the radio	12 Substitute a car ride for a walk	13 Use the activity finder and try something new	14 Listen to music while doing house chores	15 Follow an active video before breakfast	16 Stomp your feet when you finish reading a page
17 Offer to help someone with a task	18 Spend lunch time on your feet	19 Stay on your tip toes while the kettle boils	20 Stretch while watching TV	21 Have a karaoke session	22 Visit your favourite spot local to you	23 Craft using objects you found outside
24 Lift something above your head	25 Vacuum the living room	26 Stand up every time you finish a task	27 Act out your favourite movie scene	28 Walk around the room while googling	29 Cook yourself a special meal	30 Spot 15 different birds outside