

Stimulate September

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Feel free to adapt, replace or swap activities so your Stimulate September best suits you!

1
Dance to your favourite song at lunch time

2
Stand on your tip-toes while brushing your teeth

3
Go on a walk with your friends or family

4
Pulse straight arms backwards for 20 seconds

5
As a team, choose a word and stand when someone says it

6
Raise your water bottle 15 times with each arm

7
Do 10 star jumps before a meeting

8
Pull your shoulders backwards while at your desk 5 times

9
Spend an hour on your feet

10
Follow a 10-minute active YouTube video

11
Challenge a colleague to find an object before you do

12
Walk for 15 minutes at lunch time

13
Twist at the waist before and after a call

14
Park further away from your place of work

15
Set a timer and stretch every time it sounds

16
Visit a local place that makes you feel calm

17
Reach as high as you can and hold it for 30 seconds

18
While sitting, lift up the heels of your feet

19
Jump up when you're struggling to think

20
Have a meeting while you walk

21
Shimmy when you cross a job off your to-do list

22
Use the stairs, not the lift

23
Find 10 orange objects in your house in 2 minutes

24
Stomp your feet occasionally while sitting

25
In-between tasks, balance on one leg for thirty seconds

26
Stand during phone calls

27
Rotate your neck at the start of every hour

28
Do 10 squats while the kettle boils

29
If you can, active travel to work

30
Pick your favourite action and do it again!