



# 20 ACTIVITIES

## IN 20 DAYS

- 1. Find/Do these 5 things on your walk:** A train, a white flower, identify a bird, bungalow, jump in a puddle.
- Write a letter/card to let a friend or loved one know you're thinking of them and walk the long way to the post box.
- 5 x a day run up and down your stairs.
- Run round the house with little ones (or big ones) playing aeroplanes/ chase me.
- Have a lunch time disco in the living room.
- Dance while you cook the dinner.
- Take the work call outside and walk and talk in the garden.
- Try Our Parks on YouTube. HIIT, Legs Bums and Tums, Stretch and Flex, Box Fit, Dance HIIT, Bootcamp, Yoga.
- Sock tag. Tuck a sock in your waist band and don't let anyone get it.
- 10 Minute home cardio workout:** 1 x minute warm up, 2 x 15 rocket jumps (hands on thigh squat and jump up), Recover, walk/jog on spot for 30 seconds, 2 x 15 Star jumps, Recover, 2 x 15 squats, Recover, 2 x 15 burpees, Recover, 2 x 15 sit ups, Recover.
- Download a Fitness App.
- Find a road you haven't walked down.
- Every time you wash your hands do five star jumps.
- Try You Tube's POPSUGAR on You Tube Fitness – 500 work outs to choose from covering boxing, dance, HIIT and Pilates.
- Each time you make a cuppa – jog on the spot while the kettle boils.
- Vacuum and have a boogie at lunch time.
- Lift dumb bells / tin of beans during creative/ thinking time.
- Complete a You Tube Yoga tutorial.
- Move at your desk;** arm wraps/shoulder rolls/head turns left and right/arm swings or circles/torso twists/leg swings/leg lifts.
- You wouldn't forget an appointment in your calendar, so do the same with getting active. Schedule a walk.

**For lots more ideas of things you can do to get active for 20 minutes a day visit:**

[mylivingwell.co.uk](http://mylivingwell.co.uk)