

28 Days Fitness challenge

Adults

Regular exercise can improve your mood, reduce stress, and boost your energy. Plus, it gives you a sense of control when life feels overwhelming

Here are 28 days of activity you could try and do.

- Tick off each activity once you've done it!
- Go for a 30 minute walk
- Bicep curls - you can use cans/things around the house if you don't have weights!
- Run for 10 minutes
- Hold a plank for 30 seconds
- Do 30 Squats
- Try out one of the five sibling support yoga videos
- Do a Joe Wicks YouTube video
- 10 Push ups
- 30 Sit ups
- 40 Minute walk
- 20 Leg raises
- Bike ride
- Try out another Sibling Support yoga video



Scan me!

Don't push it, some days you might not feel up to it and you should have a break if needed.

- 10 Minutes of stretching
- 100 Star jumps
- Kick a ball around, can you do a keepy uppy?
- 100 Mountain climbers
- Hula hoop for 5 minutes
- Test your balance, how long can you balance on each leg?
- Dance for 10 minutes
- 40 Lunges
- Wall sit for 2 minutes
- Swimming
- High knees for 2 minutes
- 20 Burpees
- Stairs - jog or walk up and down a set of stairs 3 times
- Play a sport with friends, football, netball, or just throwing a ball round
- 1 Minute of calf raises

Put on your favourite songs and boogie