

#StayInWorkOut

#KeepSouthendActive

#StayInStayActive

It is important to keep up a daily routine that includes physical activity and target the governments recommend 60 active minutes a day of exercise. We have collated a list of 7 days of fitness to keep you inspired and give you some ideas of what you can do at home.

## Marathon Monday

Run, walk or jog for 30 mins.

Map a route around the local area, go out with your family and see how far you can travel in 30 minutes.

## Try it Tuesday

Try yoga or mindfulness activities

Think about which part of the body you are stretching.

Cosmic Kids Yoga.  
Imoves-  
Mindfulness

## Workout Wednesday

Complete a fitness workout. Follow @thebodycoach on youtube

Or create your own fitness circuit.

## Turn It up Thursday

Using music in the background can you perform a routine that involves a ball eg football, dribbling, keepie ups, toe taps that keep in time with the music.

## Exploration Friday

Go for a walk/ out on your bike/ on a scooter.

Whilst you are out think about your sense: what can you see, hear, smell, taste and touch?

See how far you travel within 60 minutes

## Static Saturday

Can you balance on different body parts in the house or in the garden? How many poses can you create?

Balance on one foot, then the other foot. Can you create a balance with a family member?

## Sunday Funday

Play a game of 60 second challenges 'around the world' How many times can you pass a ball around your waist in 60 seconds? around the body? Can you pass it in a figure of 8? Where else could you pass the ball?