

#StayInWorkOut

#SouthendKeepActive

#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.

## Active Monday

Keepy-uppy challenge- you will need an object to keep up- a ball, a balloon, scrunched up piece of paper to create a ball shaped object, a pair of socks. Be creative anything that you can use.

You can use any part of your body to keep the ball from touching the floor. See how many touches you can make before the ball touches the floor. Try to beat your score each day.

How many can you do in 60 seconds?

## Tails Tuesday

You will need a partner and a pair of socks per player.

How to play:

Each player tucks the socks into the back of their trousers to make two tails.

Players face each other and try to take a sock from their opponent.

When successful shout 'TAG'. Play stops whilst the tagger places the additional sock into their trousers.

The winner for each round is the person who gets all four socks. They get one point for winning the round.

Who is the first to 5 points?

## Workout Wednesday

3 minute challenge:  
You have 3 minutes- how many times can you complete this circuit:

- 10 x star jumps
- 10 x Burpees
- 10 x Press Ups
- 10 x Squats

How many times did you complete the circuit?

## Try it Thursday

How many times in 30 seconds can you touch the floor and jump up and try to touch the sky.

Can you jump up and perform a star jump?

Can you perform a tuck jump?

## Fitness Friday

Jogging: high knees on the spot,.  
Single leg balance: stand on 1 leg with arms out to the side hold balance.

Star Jumps: jump out with your arms and legs out to make a star shape. Front bridge: hands and feet only on the floor, lift up and hold body keeping back and arms straight.

Jumping side to side:

Jump in sideways direction keeping feet together. Land with soft feet & bend knees.

Hold and count to 10 for all exercises.

## Skip to it Saturday

Try a skipping challenge set up by @Skip2bfit:  
In 60 seconds how many skips can you do?

Progress to 2 minutes.

Equipment:

Skipping rope: Don't have a skipping rope, try using a dressing gown rope.

## Sunday socks

Sock challenges:

How many socks can you pair up and put in the box in 60 seconds?

Place unpaired socks 5 steps away for a box. Players run, match up a pair of socks, run back to the start position and aim to throw them into a box.

Equipment: socks and a box,