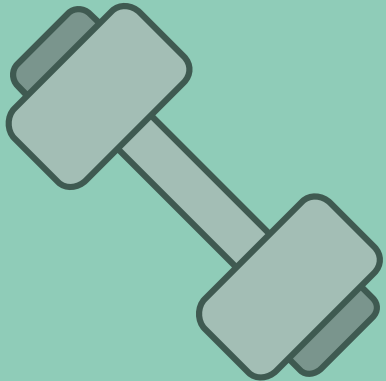


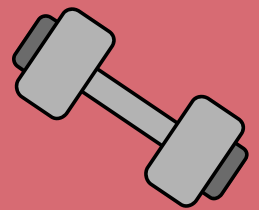


# How To Keep Active & Healthy

10 Physical Activities that  
can be easily completed  
at home



# Challenge 1



## Going For A Walk / Walking The Dog

You are allowed to go outside for a 30 minute walk following the governments current guidelines. Use this opportunity to go for a walk around your local area, or take your dog for a walk.



Gold: 30 Minute Walk



Silver: 25 Minute Walk



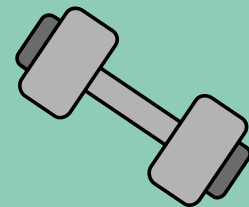
Bronze: 20 Minute Walk



Keep your mobile phone with you / Follow social distancing guidelines



## Challenge 2



### Sit-Ups: Using the sofa

Using a sofa, tuck your feet under it to help maintain balance and posture when completing a sit-up. If you have a partner within the house who can hold your feet then this would be even more effective. You could include a specific number of sets within this activity.



Gold: 20 Sit-ups



Silver: 15 Sit-ups



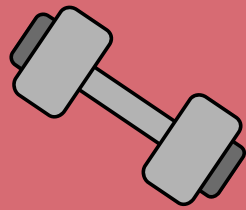
Bronze: 10 Sit-ups

Make sure your exercise area is clear of objects when you are performing your sit-ups / Set your own targets if the bronze, silver and gold targets are too challenging



Arms  
(Triceps)

## Challenge 3



### Tricep Dips: Using the Stairs

Using the bottom step of the stairs, complete tricep dips following the correct technique demonstrated below. Further challenge could include including a specific number of "sets" into this exercise. E.g 3 sets of 10 tricep dips totalling 30 "repetitions".



Gold: 15 Tricep Dips



Silver: 10 Tricep Dips



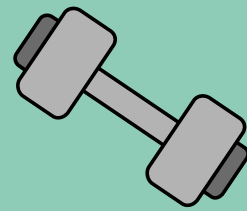
Bronze: 5 Tricep Dips

Follow the correct guidance provided above / Move your feet closer or further away to change the difficulty / Set your own targets if the bronze, silver and gold targets are too challenging

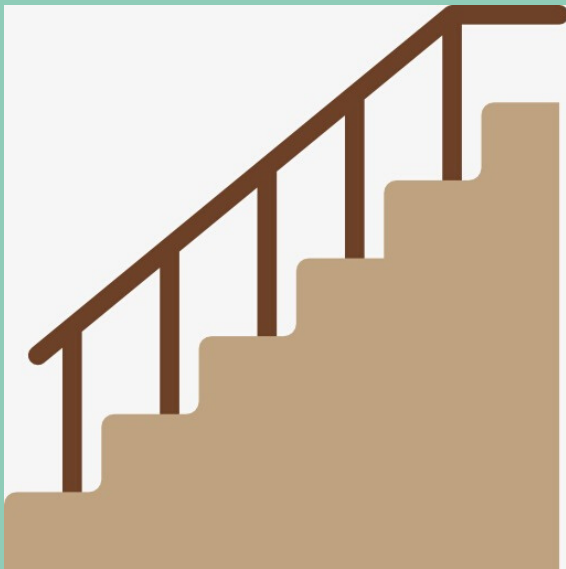


## Challenge 4

### Stairwalk



Walking up and down the stairs can be very effective in raising the heart rate above normal and help you to become more physically active within your home. You could incorporate "sets" within this activity, with one set being successfully walking up and back down the steps safely. Consider including a specific amounts of sets within this activity that relates to your current fitness level.



Gold: 15 Stairwalk Sets



Silver: 10 Stairwalk Sets



Bronze: 5 Stairwalk Sets

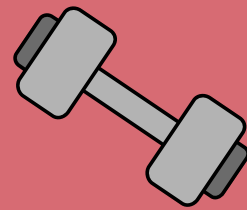


Do not run / Hold on to the bannister if necessary / Set your own targets if the bronze, silver and gold targets are too challenging



Chest  
(Pectorals)

## Challenge 5

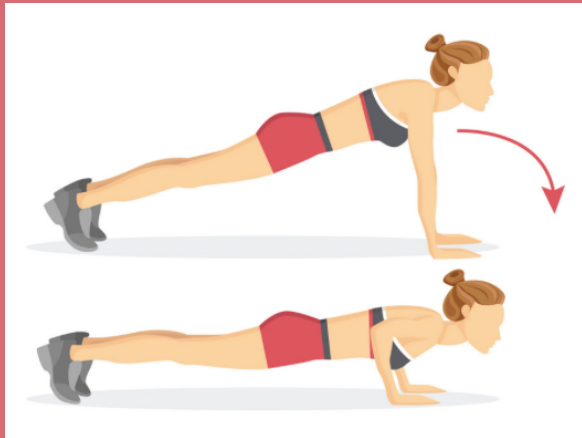


### Press Ups / Adapted Press Ups

There are 3 different ways of performing a press up / push up depending on your current level of fitness and ability.

#### 1. Traditional Push Up:

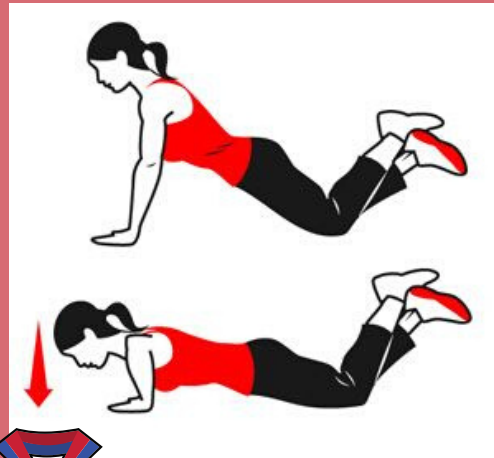
Keep your body horizontal and straight making sure your hands in line with your shoulders



Gold: 15 Press Ups

#### 2. Adapted Push Up (1):

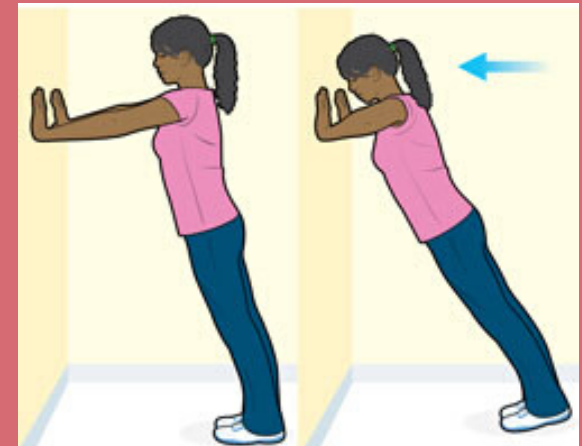
Use your knees to take some of your body weight. Keep your body horizontal and straight making sure your hands in line with your shoulders



Silver: 10 Press Ups

#### 3. Adapted Push Up (2):

Standing at a slight angle and using the wall to push against your body weight.

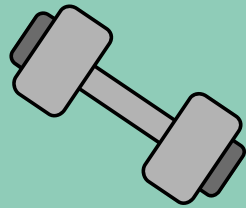


Bronze: 5 Press Ups

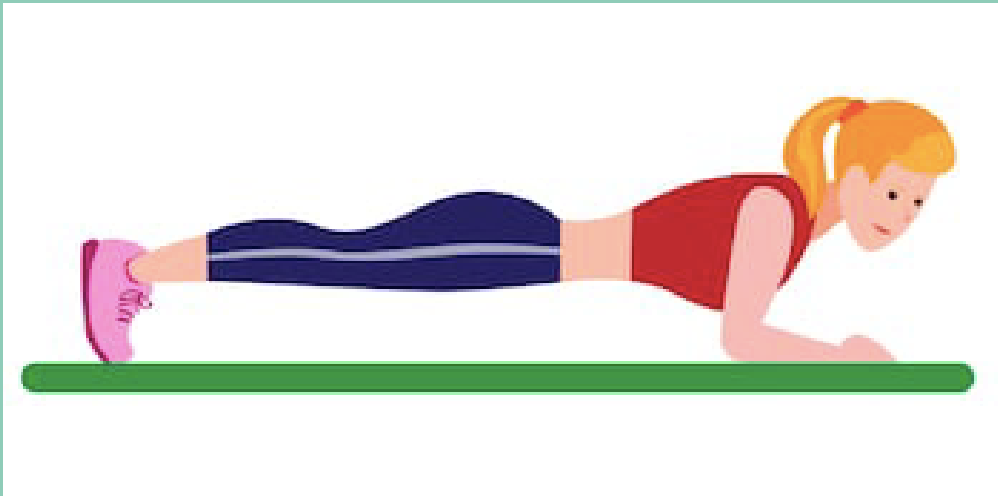


## Challenge 6

### The Plank



Hold your body in the position below to help strength the muscles in your core. This should be help in a horizontal position for a specific time that has been set before you can relax. Correct posture is very important for this particular activity.



Gold: 60 Seconds  
(Hold Posture)



Silver: 45 Seconds  
(Hold Posture)



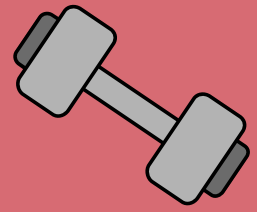
Bronze: 30 Seconds  
(Hold Posture)



Rest your arms and elbows on carpet or something soft / Set your own targets if the bronze, silver and gold targets are too challenging



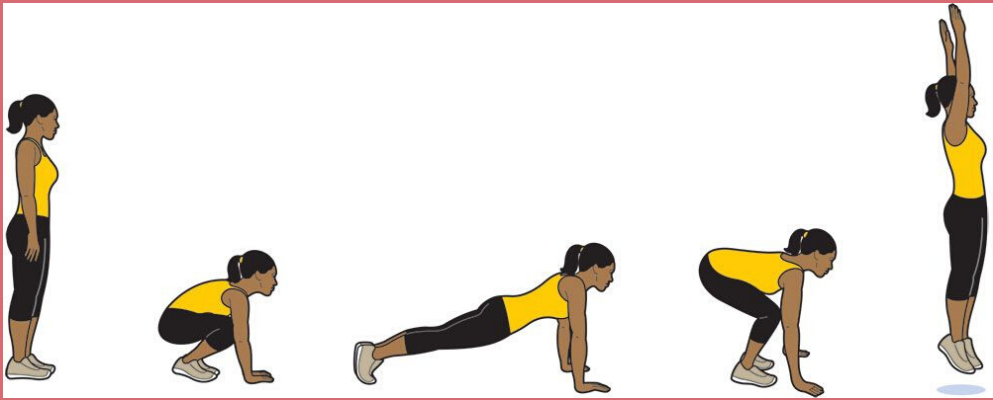
# Challenge 7



## Burpees

The burpee, or squat thrust is a full body aerobic exercise. The basic movement is performed in five steps.

1. Begin in a standing position.
2. Move into a squat position with your hands on the ground.
3. Kick your feet back into a plank position, while keeping your arms extended.
4. Immediately return your feet into squat position.
5. Stand up from the squat position.



Gold: 15 Burpees



Silver: 10 Burpees



Bronze: 5 Burpees

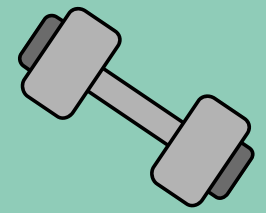


Be aware of the space and height of the room / Set your own targets if the bronze, silver and gold targets are too challenging





# Challenge 8



Arms  
(Biceps)

## Bicep Curls: Using water bottles

Using 2 x 1.5 litres bottle of water, or bottles of soft drinks, fill these up to an appropriate and challenging level and use these to perform bicep curls. You could include a specific number of sets within this activity



Gold: 15 Bicep Curls (Each Arm)



Silver: 10 Bicep Curls (Each Arm)



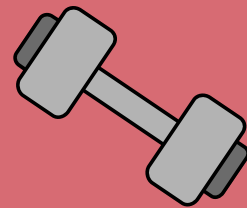
Bronze: 5 Bicep Curls (Each Arm)

Adjust the amount of liquid in the bottle if required / Set your own targets if the bronze, silver and gold targets are too challenging



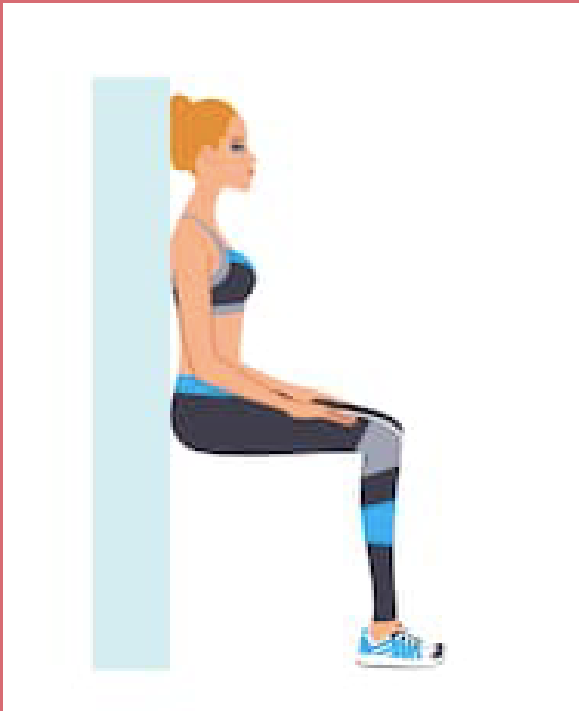
Legs  
(Quadriceps /  
Gluteals)

## Challenge 9



### Wall Sit Exercise

The wall sit is an isometric, quad- and glute-strengthening exercise. It is safer for the knees because the body is in a fixed position with added support from the wall. Lean the back of your body against the wall and walk your feet out one to two feet from the wall.



Gold: 60 Second (Hold Position)



Silver: 45 Second (Hold Position)



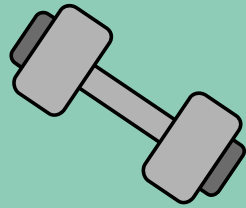
Bronze: 30 Seconds (Hold Position)



Set your own targets if the bronze, silver and gold targets are too challenging

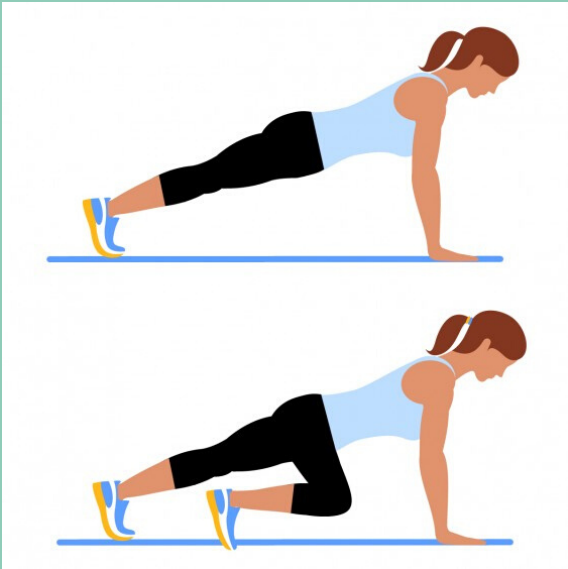


# Challenge 10



## Mountain Climbers

In a press-up position, supporting your weight on your hands and toes, with your arms straight (extended) and your legs extended. Keeping your core tight and your shoulders, hips and feet in a straight line throughout, bring one knee towards your chest, then return it to the starting position. Repeat the movement with your other leg, then continue alternating legs throughout.



Gold: 60 Seconds



Silver: 45 Seconds



Bronze: 30 Seconds



Change the pace to change difficulty levels / .Set your own targets if the bronze, silver and gold targets are too challenging

