



# ACTIVE ANITA'S 14 DAY HOME ACTIVITY CHALLENGE!

*week 1*

## DAY 1 MANIC MONDAY

High intensity  
Exercises: Sprint on the spot, Star jumps and high knees. Perform each exercise for 20 seconds & repeat as many times as you can.

## DAY 2 TENSION TUESDAY

Balance: single leg balance, arabesque, wall sit and plank. Hold each balance for 30 seconds and repeat twice.

## DAY 3 WORKOUT WEDNESDAY

Exercises: squats, lunges, heel flicks and shoulder raises. Perform each exercise for 20 seconds and repeat as many times as you can.

## DAY 4 THOUGHTFUL THURSDAY

Take 2 minutes to consider your surroundings. Venture into the garden, take a walk or look out of the window. What can you see, hear, smell?

## DAY 5 FLEXIBLE FRIDAY

Static stretches: quadriceps, groin, hamstrings, abdominal's and shoulders. Hold for 15 seconds each and repeat each stretch if you can.

## DAY 6 SPORTY SATURDAY

Challenge yourself! How many times can you throw an object into a bucket in 60 seconds? Can you make up your own sporty game or challenge?

## DAY 7 SUNDAY FUNDAY!

Try some of Active Anita's Sunday Funday games! Step outside and enjoy the fresh air.

Active Anita would love to see how you're getting on. Why not share your activities and progress on Twitter? Don't forget to tag us at @futureactiveld and use the hashtag #commit2fit20.

Disclaimer: Please ensure that you perform all activities in a safe space, removing objects that could become a trip hazard. It is important that all participants follow the correct hygiene procedures set out from the Government.





# ACTIVE ANITA'S 14 DAY HOME ACTIVITY CHALLENGE!

week 2

## DAY 1 MINDFUL MONDAY

Yoga exercises: Warrior 1, Warrior 2 and downward dog. Hold for 30 seconds and repeat 3 times. For more moves, check out Cosmic Kids Yoga online.

## DAY 2 TEAMMATE TUESDAY

Exercises: Squat and clap, paired superman pose-hold for 1 minute. Be creative and come up with some new partner balances and exercises!

## DAY 3 WELLBEING WEDNESDAY

Can you and your grown up make a healthy snack for you to enjoy? For example a fruit salad with yogurt. Share your healthy snack ideas!

## DAY 4 TEST YOURSELF THURSDAY

Set yourself a challenge and see if you can achieve it. Take a look at Active Anita and Spike's throwing and catching challenge. Share your challenge.

## DAY 5 FUNKY FRIDAY

Choose your favourite song and dance along, what moves can you make up? Check out Go Noodle for more dance move ideas!

## DAY 6 STRONG SATURDAY

Can you make a home workout with items in your home? Exercises using water bottles, Bicep curls, shoulder press and seated exercises.

## DAY 7 STEP UP SUNDAY!

How many Step Ups can you do in 60 seconds? Can you do more than your grown up? Let us know what your record is!

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