



# ACTIVE ANITA'S 14 DAY HOME ACTIVITY CHALLENGE! ROUND 1

*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 @InspireTogeth3r and use the hashtag #commit2fit.

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.



Health | Well-being | School Sport | PE | Physical Activity  
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Enjoy