



The #DailyMileAtHome

WEEK 1 (Wednesday 8 April)



STUCK INDOORS ALL DAY? FEELING SLEEPY?

OK, IT'S TIME TO GET OUTSIDE FOR:

- Fresh air
- Exercise
- Fun in the sun (or the rain/thunder/hailstorm*)

WHAT'S THE PLAN?

15 minutes of jogging or running at your own pace with a grown-up – that's 15 minutes from door to door.

A little walk is OK, if your grown-up is getting tired (you'll know they are if their face goes bright RED and they can't talk any more).

But run for as much as you can – it's really good for you, even if it does make you a bit SWEATY.

IS THAT IT?

No way, there's more. It's gonna be fun!

Every week, you'll have three #DailyMileAtHome missions to complete while doing your 15 minutes jogging or running.

THIS WEEK'S CHALLENGES ARE:

CHALLENGE 1: WEAR BLUE DAY (Wednesday or Thursday) – head out for 15 minutes jogging or running wearing something blue. Dig out those socks, T-shirts, shorts, caps... you name it, you can wear it as long as it's blue. Extra respect for any blue face paint on show. Ready? Go!

CHALLENGE 2: SIGNS OF SPRING

(Friday and over the weekend) – do The #DailyMileAtHome and see how many signs of spring you can spot. Blossom on the trees? Spring flowers in bloom? Or maybe some chocolate for the weekend? Take a picture during your 15 minutes of jogging or running and share @_thedailymile #DailyMileAtHome

OK, there are only two challenges this week – well spotted. There'll be three next week, promise.

THEN WHAT?

Get your grown-up to take a picture. Then they can post it on Twitter or Instagram using #DailyMileAtHome and tag in @_thedailymile – sit back and watch the 'likes' roll in!

BUT 'WHY' I HEAR YOU SAY?

Exercise makes you happy – or maybe just a bit less grumpy (check out your grown-up – they'll be beaming with joy).

Exercise is good for your heart, just like beans (beans, you say? Oh, you know the one – beans, beans are good for your heart, the more you eat, the more you...)

ANYTHING ELSE?

Yes – stay safe.

Listen to what your grown-up tells you about keeping a safe distance from other people.

Oh, and have fun.

**If the hail is really bad, like the size of tennis balls, it's best to stay inside and watch TV.*



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