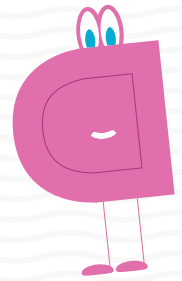




The #DailyMileAtHome

WEEK 4 (MONDAY 27 APRIL)



We have three fantastic The #DailyMileAtHome Challenges for you this week.

ARE YOU READY? GOOD, LET'S GO...

WHAT'S FIRST?

So, before you do the first Challenge, a quick reminder about The #DailyMileAtHome.

All you have to do is go outside for a jog or a run, or a walk-jog, or a walk-run for 15 minutes near where you live.

You can use the streets and pavements around your home – just watch out for lampposts if you're having a Usain Bolt moment. Or there might be some green space close to you – in this case, just watch out for trees and, erm, dog business.

Do our Challenges while you are out and about then take a picture (if you want to) and share it using #DailyMileAtHome – you'll definitely get a like or two!

EXCELLENT, CAN WE GO NOW?

Nearly – just check you are ready for Challenge 9 below. And make sure your grown-up has the front door keys. Thank you for doing some exercise – your body and your brain will thank you for it. Your heart and muscles will be stronger and it will release chemicals in your brain that make you feel good (that, girls and boys, is a science FACT).

WHAT ABOUT WHEN WE'RE BACK HOME?

Take a look at some of the pictures at #DailyMileAtHome to see if your school has got involved. If they haven't, why not send them a friendly message asking them to share so you can see your friends doing The #DailyMileAtHome? Check all this with your grown-up first, of course.

And – important message alert – be safe! Listen to what your grown-up tells you about keeping a distance from other people. Don't go to a place where it's busy – find a quiet spot. Wash your hands as soon as you're back home.

Have fun and look forward to seeing you at #DailyMileAtHome



CHALLENGE 9

(MONDAY 27 AND TUESDAY 28 APRIL)

HEARTBEAT CHALLENGE

Can you find your pulse on your wrist?

How many times does your heart beat in one minute?

Does it change after you've done your #DailyMileAtHome?

We'd like to hear about your heartbeat at #DailyMileAtHome.



CHALLENGE 10

(WEDNESDAY 29 AND THURSDAY 30 APRIL)

WEAR BLUE

We love to see your pictures of all your blue clothes.

Let's wear blue and show support for the NHS and all the wonderful carers.

Post a picture #DailyMileAtHome.



CHALLENGE 11

(FRIDAY 01 MAY)

DIFFERENT DIRECTION DAILY MILE

Do a different route for your #DailyMileAtHome today.

You could go down a street you haven't been down before – or just run your usual route but in a different direction.

Let us know what you did #DailyMileAtHome.



thedailymile.co.uk
#DailyMileAtHome

