



## Things to remember

### FIND 30

Be physically active for at least 30 minutes every day. The aim should be to get your heart pumping. Record your workout and share with friends to inspire others and generate new ideas.

### HEALTHY IS THE BEST OPTION

Resist the temptation to snack on treats all day. Fruit makes for a great snack and meals should consist of lots of colourful vegetables. Your body will thank you!

### STAY HYDRATED

Water. Water. Water. Water.  
Water. Water. Water. Water.  
Aim for eight glasses every day.  
should never feel thirsty.



### SCREEN TIME

Give your mind a rest and take a break from the TV, phone, tablet or laptop. Go outside to get some fresh air, play with the dog, read a book or magazine or see if you can help Mum or Dad with any jobs around the house.

### TRY SOMETHING NEW

Now is a great time to try some exercise you've never done before. Yoga, skipping, running, swimming, stretching, crunches, weights . . . the list is endless. If you never try, you'll never know!

### BE SUN SMART OUTDOORS

- Slip on protective clothing
- Slap on some sunscreen
- Slap on a wide-brimmed hat
- Seek shade
- Slide on some sunglasses



## Fitness ideas

### PUSH UP CHALLENGE

#### SET YOURSELF A DAILY TARGET

Complete your set number of push-ups, crunches, lunges or similar type of core-strengthening activity.

### CIRCUIT TRAINING

#### CREATE A COURSE OF YOUR FAVOURITE EXERCISES

Example: 20x pushups, 20x crunches, 15x star jumps and a 30-second bridge. Do your circuit three times to get the heart pumping. FaceTime your friends and work out together.

### SKILLS PRACTICE

#### UP SKILL IN YOUR FAVOURITE SPORTS

Now is a great time to practice your basketball shooting, soccer ball handling, tennis swing or footy handballs.



### JOE WICKS: #PE WITH JOE

**NO-EQUIPMENT HOME WORKOUTS**  
Joe Wicks has created free PE lessons on his YouTube channel especially for students out of school.

### YOGA WITH ADRIENE

#### EASY YOGA TUTORIALS FOR ALL ABILITIES

Adriene welcomes 'all levels and all bodies' to her free YouTube yoga classes.

### COUCH POTATO

#### WHEN WATCHING TV . . .

Aim to do some form of exercise in the ad breaks.