

10 Healthy Body holiday activities

All young people need to do at least **1 hour** of activity every day. This can include going for a walk, housework, playing and other forms of exercise. Here are some ideas to help you achieve that daily goal.

Activity	Time
Log in to Joe Wicks daily exercise at 9 am every day	30 minutes of mixed exercise
Take the dog for a walk in the park	40 minutes
Go outside and play	1 hour
Make a fitness circuit that includes: shuttle run, 10 star jumps, 10 squats, plank for 20s, press-ups against the wall, hop on each leg for 20s, 10 sit ups, See how many times you can repeat it. Remember to have a small break after each set.	30 minutes
Make a fitness circuit where you do each activity for one minute: Shuttle run, touch the floor and jump up, jump, throw and catch a ball or a pair of socks, step ups on the first step of your stairs, side steps etc. repeat until half an hour is up.	30 minutes
Play hunt the object or colour. Someone hides it and you have 5 minutes to find it.	20 minutes
Put on your favourite song and create a dance that includes a jump, a turn, a shape and travelling (slide, shuffle, leap, roll).	30 minutes
Do the baked bean tin work out https://www.youtube.com/watch?v=svgEBHceU-Y	15 minutes
Joe Wicks Workout https://www.youtube.com/watch?v=mhHY8mOQ5eo	15 minutes
Jumping beans – jumping beans, string bean, broad bean, baked beans, chilli beans, French beans, dizzy bean, jelly bean, beans on toast	5 minutes