



Follow an online yoga, pilates or tai chi video for a relaxed workout.

4



Challenge yourself to exercise for longer doing one of your favourite physical activities.

3



Get active with a friend or family member.

2

Do 20 squats with weights. (No weights? Use baked beans or a backpack full of books instead!).

5



7 Days of movement

Being physically active on a regular basis can increase your self-esteem and sense of accomplishment, and in turn improve your sustained mental wellbeing. The NHS recommends doing 150 minutes of moderate intensity activity every week, so have a go at each activity and write how long you managed it for in the spaces provided.



Try a beginner workout of an exercise you've never done before.

1

Go for a walk or run on your lunch break.

6



7

Put on your favourite childhood record and dance like no one is watching.

#ACTNOW

