



The #DailyMileAtHome SUNDAY 12 JULY

Welcome to the very first family fun challenges for The #DailyMileAtHome

WIN 1,000AED

To spend online at GO Sport.

1. Film a short video of you doing your exercise
2. Post it on Instagram with #DailyMileAtHome
3. Tag @thedailymile_ae & mention your school name

THANKS - WHAT DO I DO?



Excellent! The #DailyMileAtHome basics first: you need to do at least 15 minutes of exercise every day. That can be any exercise at all. It can be indoors or, if you're feeling brave enough, outdoors when it's not so hot.

And what we'd really like you to do is take on some challenges while doing your #DailyMileAtHome — to make it a little more interesting and fun!

Find out more in the boxes below.



WHY DO THE #DAILYMILEATHOME?

Doing The #DailyMileAtHome will make you feel awake and alert.

You'll come back home happier because exercise cheers you up. Try it!

And if you do The #DailyMileAtHome regularly you'll become fitter — your heart and lungs will get stronger too.

GREAT - ANYTHING ELSE?

Yes. Firstly, we'd love to see some short videos of you doing The #DailyMileAtHome. If you'd like to show us what you've been up to, ask your grown-up to take a picture and then post it on Instagram using #DailyMileAtHome.

Secondly, and very importantly: if you go outdoors listen to what your grown-up tells you about keeping a safe distance from other people. Wash your hands as soon as you're back home.

Have fun!



Sunday & Monday

INDOOR OBSTACLE COURSE

Can you build your own obstacle course? Look around your house for items you can use.

Include stations with a different activity, challenge or movement and see how many times you can go around the obstacle course in 15 minutes!



Tuesday & Wednesday

AN ONLINE WORKOUT

Help your whole family get fit and strong by doing an online workout with them. Look on YouTube for some fun 15 minute exercises that will give you lots of energy for the rest of the day!

Daman Heroes, The Body Coach TV and Cosmic Yoga are our favourites!



Thursday

WEAR BLUE DAY

During your 15 minutes, can you find something blue to wear?

Dig out those socks, T-shirts, shorts, caps... you can wear it as long as it's blue. Extra respect for any blue face paint on show.

Ready? Get Set! Go!



www.thedailymile.ae/en



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