The #DailyMileAtHome SUNDAY 19 JULY

Week 2 Family Fun Challenges.

The Daily Mile — children fit for life
supported by **INEOS**

in partnership with **ADNOC**

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

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.

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.

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

DIFFERENT DIRECTION DAILY MILE
Head outdoors early for your #DailyMileAtHome and walk, jog or run a route for 15 minutes. Go down a street you haven't visited before or run an existing route in a different direction.

Try skipping or cycling for a different spin on your 15 minutes of exercise.

Tuesday & Wednesday

CLIMBING STEPS IN 10S
Climb up and down steps in your home or apartment block in 10s. Go up 10 steps and come back down 10 steps. How many times can you do it?

See if you can go up and down more times on Wednesday.

Thursday

PLAY MUSICAL STATUES
Time to get your groove on! You'll have lots of fun with your family playing this classic game. Play the music — everyone dances. Stop the music — stay absolutely still. If you move, you're out!

Who in your family will win the most times in 15 minutes?