



The #DailyMileAtHome SUNDAY 26 JULY

Week 3 Family Fun Challenges.

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

PLAY TAG

Take your family outside in the late afternoon in your garden to play tag.

Don't have a garden? Play indoors instead. Or find an open space outdoors... Just make sure it's not crowded and it's safe from traffic.



Tuesday & Wednesday

GO ON A BIKE RIDE

Take your bike out in the early morning or late afternoon — whenever the temperature drops and ride it around for 15 minutes.

Make sure you listen to your responsible adult to stay safe when cycling.



Thursday

BIRD SPOTTING

Go for an early morning walk or run and count the number of birds you see in your community.

How many can you spot in 15 minutes? Try to find out what they were on the internet when you're back home.



www.thedailymile.ae/en



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