



# The #DailyMileAtHome SUNDAY 2 AUGUST

## Week 4 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

##### SKIPPING CHALLENGE

Find a skipping rope and spend 15 minutes seeing how many times you can jump over it in one go without stopping. If you find it too hard you can ask your family to swing the rope while you jump!

Don't have a rope – make one with string and makeshift handles!



#### Tuesday & Wednesday

##### SWIMMING

Beat that hot weather by going for a lovely swim. Take your adult and other family members with you and simply enjoy yourselves! Swimming, racing, jumping, diving – lots of ways to do your #DailyMileAtHome

Remember – no running around the pool though!



#### Thursday

##### 'TOO BIG' T-SHIRT DAY

Do you wear the same old stuff each time you exercise? Liven it up and find the biggest t-shirt you can. We're sure your grown-up has a big, baggy one somewhere. Now do your #DailyMileAtHome in a 'too big' t-shirt.

You'll make everyone smile when they see you! Just don't trip over!



[www.thedailymile.ae/en](http://www.thedailymile.ae/en)



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