



The #DailyMileAtHome SUNDAY 9 AUGUST

Week 5 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

EVENING RUN

It's still hot outside.. But during the hour before sunset it's cooler and less humid. This is the perfect time to go for a short run with your responsible adult.

And of course it's useful practice for when schools open and The Daily Mile starts again in your school!



Tuesday & Wednesday

YOGA

Namaste! Yoga is a great way to get moving and keep flexible. It's also an easy activity to do with your family.

Check out Cosmic Kids Yoga on YouTube for lots of different story-based sessions. Or go to Daman Heroes on YouTube and search for Raji for 'homegrown' yoga lessons!



Thursday

TREASURE HUNT

A great one to play with family members! Ask one of your family to hide 8–10 objects around your home. Then run around looking for them and find them as quickly as possible!

Switch so you do the hiding and your family member does the finding. And repeat!



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