



# #Daily15

Keep fit, healthy and happy by exercising every day through #Daily15

The concept is simple. Each day, choose an exercise or exercises based on the number 15 and do it!

## WEEK STARTING: Sunday 15 November

It doesn't matter if you're in school, physically distancing or distance learning.

It's a way for everybody to stay physically and mentally healthy, regardless of ability level.

#Daily15 is fully inclusive and easy to do.

## WIN AED 500: To spend on sportswear!

Submit a pic or video of your #Daily15 exercise to enter a prize draw.

10 winners (5 students and 5 teachers) will be announced on 30 November.

[www.thedailymile.ae/en/daily15](http://www.thedailymile.ae/en/daily15)

## Exercises for week one:



### 15 jumping jacks

Do this at the start of every lesson during your day



### 15 minute YouTube workout

Check out @daman\_heroes for workouts led by UAE citizens and residents



### 15 seconds of high knees

Run on the spot as fast as you can - at least 3 times a day



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



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