

# Active Movement at home

You may find yourself having to stay in for a while. It is still important to keep active. With Active Movement, that means standing and moving more but sitting less. Even a little activity is good for your heart, muscles, bones and brain. So why not make your home an Active Movement one?

## Active Adventures Make your home a place to explore for your family

Hide some treasure and make a map showing the paces in your home to find it



Map each room as a place to visit as a great voyage. Each pace is 50 miles!



Make a museum. Pick/place 1 item in each room and draw a map to visit the 'exhibits'



## Active Activity Make your home an activity centre

Each room is part of a gym with its own exercise to do every time you walk in



From the front door, design a signpost with the number of paces to each room



Who can stand up for the longest on one day to be Active Movement champion?



## Active Inspiration Create some active ideas

Write a story using the Active Movement characters Stan, Sid, Alfie, Cherry, Sita and Fita?

Write a poem or change a nursery rhyme about standing up more and sitting down less

Create Active Movement posters to go in each room



## Active Home Give someone a helping hand

Doing things around the home can be very active. So help tidy the home (especially your bedroom!) every day. Make your bed. Help prepare food. Set the table. Clear up afterwards. Dry the dishes. Vacuum the floors.



## Active Life Making every day movements

Add a little Active Movement all the time. Stand up when the ads are on TV, Stand up playing computer. Stand up and read out loud. Don't sit for more than twenty minutes. Swap rooms every hour. Got stairs? Go up and down once an hour. Doing homework or preparing for SATS? Do it standing.



## Active Exercise Some simple movements to try

Sit in an upright chair and then stand up and sit down 20 times. Go to a stair or step and take one step up and down again with your left leg 20 times, then with your right leg 20 times. Stand with your feet as wide as your shoulders, stand on tiptoe then squat down to your heels and stand up again 15 times. Walk 200 paces in the house every day (include stairs if you can). Stand with feet together then lunge forward with right leg bent, left leg straight behind you 20 times. Repeat 20 times with left leg bent, right leg straight. Hop 15 times on each leg. **If you've a garden, get some fresh air but keep away from others.**