



The #DailyMileAtHome

WEEK 4



It's time for your next set of The #DailyMileAtHome challenges!

REMIND ME WHAT I HAVE TO DO?

The #DailyMileAtHome is simple.

Step one: head outside for a jog or a run, or a walk-jog, or a walk-run, for 15 minutes from front door to front door.

Step two: do our challenges while you're out and about, or when you get back home.

Step three: take a picture (if you want to) and share it using #DailyMileAtHome. We love to see you completing your challenges!

SOUNDS GOOD

Glad you think so! Don't forget, when you do a bit of exercise and get outside when it's safe to do so, you'll come home happier and, if you keep it up, you'll be fitter and stronger too. What's not to like?

LET'S GET GOING...

Steady, before you go, remember: be safe. Listen to what your grown-up tells you about keeping a distance from other people. Wash your hands as soon as you're back home.

Have fun, stay safe and keep on running!



CHALLENGE 1

SEASON SIGNS

What does today look like? Is it a cold and frosty winter day? Or is it a warm and bright early spring day?

See what signs of the season you can spot.

Are there any buds on the trees? Or bulbs starting to poke through the soil? Or are the trees all bare?

Share a 'season' picture with us at #DailyMileAtHome.



CHALLENGE 2

MEMORY GAME

See how many different places you can remember from your #DailyMileAtHome route.

Can you remember all the street names?

What about the shops near your house?

Did you see any road signs?

Or something else?

Write a list of 20 things you saw on your #DailyMileAtHome – be specific!



CHALLENGE 3

TOO BIG DAY

Let's have some fun!

Wear a top that's too big for you – the bigger the better.

Or some shorts that go down to your shins.

Raid the wardrobe and see what you can find!

And don't forget to show off your silliest outfit at #DailyMileAtHome.