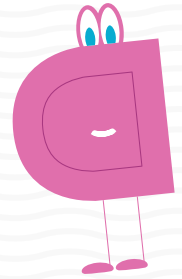




The #DailyMileAtHome

WEEK 2 (MONDAY 13 APRIL)



LOVELY TO SEE YOU ALL AGAIN.

Or, if you didn't do the Week 1 Challenges and have no idea what we're talking about, it's just lovely to see you.

READY?

Great – let's get started with Week 2 of The #DailyMileAtHome Challenges.

All you have to do is head outside for a jog or a run, or a cheeky walk-jog or a walk-run, or even a rarely spotted walk-jog-run-walk, for 15 minutes from front door to front door. And do our Challenges – check out the boxes below. That's it.

OK, BUT WHY?

Simple, really.

You'll come back home happier – exercise cheers you up. It does, honest. Try it.

And, if you do The #DailyMileAtHome regularly you'll be fitter. When you get back to school, you'll come first in the sprints, or maybe second, or just not as near the back as before.

ANYTHING ELSE?

If you want to, we'd love to see some pictures of you doing The #DailyMileAtHome. It cheers us up no end.

Just ask your grown-up to take a picture or (if you really want to eat up their memory) a video. Post it on Twitter or Instagram using #DailyMileAtHome – there's loads of examples there already. Take a look and 'like' your favourites.

LET'S GO!

Hold on, one more thing. Very important – so please listen. And sit up straight – yes, that means you. Better – thank you.

Pay attention to what your grown-up tells you about keeping a safe distance from other people. Don't go to a place where it's busy – find a quiet spot. Wash your hands as soon as you're back home. It's important you stay safe because you are very special.



HAVE FUN



CHALLENGE 3

(MONDAY 13 AND TUESDAY 14 APRIL)

CHOCOLATE CHALLENGE

It's that time of year when there's a lot of chocolate around.

Share your own Chocolate Challenge. Can you spot a chocolate egg in a shop window?

Maybe you'll have a break halfway around your #DailyMileAtHome. You know, have a break, have a...

Let's see those chocolate-y smiles!



CHALLENGE 4

(WEDNESDAY 15 AND THURSDAY 16 APRIL)

WEAR BLUE

This one is already a #DailyMileAtHome favourite.

Wear something blue when you're out doing your 15 minutes jogging or running.

Now, come to think of it, we didn't see many blue socks last week – surely there are some down the back of the drawer?



CHALLENGE 5

(FRIDAY 17 APRIL)

#FINISHLINECHALLENGE

This one's fun.

Make your own finish line to power through when you complete your #DailyMileAtHome

You could use cardboard boxes, a piece of string, some of that precious loo roll or something else.

Share your picture #DailyMileAtHome #FinishLineChallenge



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