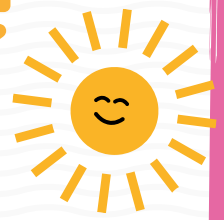


The #DailyMileAtHome

MONDAY 6 JULY



Great to see you all again and, if this is your first time with The #DailyMileAtHome, welcome aboard!

THANKS — I'M READY

Excellent! The #DailyMileAtHome basics first: you just need to head outside for a jog or a run. Or even a walk-jog. Or a walk-run. Or even a walk-jog-run-walk if you like. You get the idea – just keep moving for 15 minutes from front door to front door.

So far so simple, but what we'd really like you to do is take on some challenges while doing your #DailyMileAtHome – just to make it a little more interesting, and fun of course!

Find out more in the boxes below.

WHY DO THE #DAILYMILEATHOME?

You'll come back home happier because exercise cheers you up. Try it. You might start off a bit grumpy, but by the end you'll be as

happy as Larry. Whoever Larry is.

And if you do The #DailyMileAtHome regularly you'll become fitter – your heart and lungs will get stronger too.

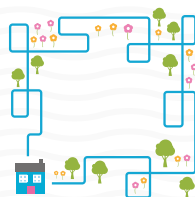
GREAT — I'M REALLY READY NOW!

One more thing. Actually, two...

Firstly, we'd love to see some pictures 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, then post it on Twitter or Instagram using #DailyMileAtHome.

Secondly, and very importantly: 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!



CHALLENGE 1

CRAZY COLOURS DAY

Wear your brightest, boldest colours.

Neon green socks.

Bright yellow T-shirt.

Shocking pink pants.

Whatever you've got – let's see you out there raising a smile.

Brighten everyone's day on your #DailyMileAtHome.

CHALLENGE 2

NEW DIRECTIONS

Make a change today – head off on your #DailyMileAtHome in a different direction.

Turn left, when you'd normally turn right.

Turn right, when you'd normally turn left.

Change the scenery and find somewhere new to run!

Share a picture with us at #DailyMileAtHome.

CHALLENGE 3

PICK A NUMBER

Imagine its race day.

It could be school sports day, a race in the playground, or even the Olympic Games!

Make a running number to go on your front. You could draw it on paper or write on an old T-shirt.

Choose your favourite number and invent a flag to go in the corner.

Show us your efforts at #DailyMileAtHome.