

The #DailyMileAtHome

MONDAY 13 JULY



It's time for your next – and final – set of The #DailyMileAtHome challenges. We hope you've enjoyed them and, more importantly, we hope they've inspired you to stay active and healthy!

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 and have a wonderful, safe and happy summer!



CHALLENGE 1

SIGNS OF SUMMER

Let's hope today is a lovely day.

See what signs of summer you can spot on your #DailyMileAtHome.

Are there flowers in full bloom?

Has the sun turned the grass brown?

Are there cracks in the soil?

Can you see anyone eating an ice cream?

Share a summery 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

As it's the final #DailyMileAtHome challenge for a while, 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.