

The #DailyMileAtHome – Week 8 (Monday 25 May)

Hello there – how are you?

Fantastic. Tickety-boo. Marvellous. Thanks for asking.

Pleasure. And thank you for taking a look at The #DailyMileAtHome. It's a super easy way of staying fit and healthy – 15 minutes of walking, jogging or running outside.

Just make sure you get out of breath – that will help keep your heart and lungs nice and strong.

The #DailyMileAtHome also works wonders for your wellbeing, helping you to feel happy and calm (you might have to get your breath back first though!).

Anything else?

Yes – while you're out doing The #DailyMileAtHome have a go at one of our fun challenges. There are three each week. Take a look at this week's challenges down the bottom of the page.

Ask your grown up to share a picture when you do each challenge and share at #DailyMileAtHome – we love to see you taking part and completing the challenges.

Sounds good.

Just one very important thing. Stay safe. Listen to your grown up when you are out and about. Keep a safe distance from other people and wash your hands as soon as you get back home.

Challenge 18 Monday 25 and Tuesday 26 May	Challenge 19 Wednesday 27 and Thursday 28 May	Challenge 20 Friday 29 May and the weekend
Beach Day	Odd Socks Day	Three Words Challenge
<p>Have you been to the beach?</p> <p>What did you wear?</p> <p>Today, put something on that you'd normally wear to the beach.</p> <p>Sun hat Sunglasses Beach shorts</p> <p>No one is brave enough to do their #DailyMileAtHome wearing swimming goggles....or are they?</p> <p>Share a picture with us at #DailyMileAtHome</p>	<p>What's your sock drawer looking like?</p> <p>All neat and tidy? Well, it's time to mix it up a bit - wear a wacky pair of socks today.</p> <p>One green, orange One big, one small One of your school socks, maybe?</p> <p>Wear a blue one to show support for our wonderful #NHS workers</p> <p>Share a picture with us at #DailyMileAtHome</p>	<p>So, head out and do your #DailyMileAtHome as normal – enjoy your normal route.</p> <p>Then when you're back – have a think and tell us what three words you would use to describe your #DailyMileAtHome?</p> <p>What is it fun? Or exhilarating? How about tiring? Sweaty – or maybe that's just me?</p> <p>Write them down and tell us what they are at #DailyMileAtHome</p>