

# EDUCATION STAFF WELLBEING: ACTIVE AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
					Walk up and 1 down the stairs a few times to get your heart rate up	Dance for 5 2 minutes in the morning when you first wake up!
Working from 3 home? Get up and move around for a few minutes	Fly a kite in your 4 favourite park	Do some 5 gardening or help a friend with their garden	Cycle To Work 6 Day 2020	Reward yourself 7 with a bubble bath and smoothie after a workout	Get active and 8 productive: Wash the car!	Long to do list? 9 Cleaning the house is great exercise!
Go cherry picking 10 and take home some delicious fruit	Head out for a hike 11 or long walk	Walk to an 12 appointment rather than drive	Ditch the all or 13 nothing attitude!	Book your workout 14 in your diary so you know you must make time for it	Try something 15 different this weekend and go bowling	Think 16 outside the gym - what other activity could you try?
Struggle with 17 motivation? Make it social and join a running club	Try a new exercise 18 today!	Get active today 19 and notice the boost in your mood	Enjoy some time 20 in the garden and mow the lawn	Early riser? Why 21 not head out for a morning walk?	Explore 22 somewhere new in Kent today	Hold a sports day 23 with your family and/or friends!
Try some morning 24 stretches to wake your body up	Pick your favourite 25 spot in Kent to go for a walk	Not a gym 26 member? Try an at home workout	Remember that 27 housework counts as being active!	Head out for a 28 10 minute walk today	Practice yoga 29 today to stretch and improve your mental wellbeing	Dance like no one 30 is watching!
Head out for a walk 31 with family or friends today						