

SPRING MOVERS ACTIVITY CARD

FROM VITALITY SEMAPHORE

- Perform 10 star jumps every hour!
- Every time someone says your name today: squat 5 times.
- Stretch for at least 1 minute every hour!
- Walk at least 10 000 steps today!
- Every time you go on a screen, do 10 push ups (on the floor, using a bench or even the wall).
- Use a ball you have at home and kick/bounce it around the backyard or at a park for at least 30 mins today with a family member or with friends.
- Stretch for 30 minutes when you wake up and before you go to bed (should feel nice and relaxing - don't stretch so extremely that you feel pain).
- Spend at least 60 minutes out in nature today (remember to be sun safe).
- Every time someone asks you a question today hop or jog on the spot for 1 minute.
- To move around the house today; lunge (they can be mini, long, reverse. If you can't lunge, use high knees).
- Walk at least 12 000 steps today!
- Spend at least 60 minutes out in nature today (remember to be sun safe).
- Stretch for 30 minutes when you wake up and before you go to bed (should feel nice and relaxing - don't stretch so extremely that you feel pain).
- Every hour perform your favourite exercise 10 times with a family member or friend!

Complete all of these activities above and return it to Vitality Semaphore for a surprise!

You must bring in the print out of the Activity Card with photos attached or photos and/or videos on device to receive surprise.