

1

Try to take regular walks outside, if safe to do so, and weather permits – why not go and see all the spring flowers that are appearing in your neighbourhood.

2

Walk around while on the phone with loved ones.

3

Do some leg raises while you watch TV – this is a great thing to do whilst waiting for the adverts to finish.

4

Make a rule to walk once around the house every time you do a certain activity, such as make a hot drink.

5

Perform heel raises (stand on tip toes) while washing the dishes.

6

Stand up when folding your laundry.

7

Sneak in a few simple exercises/stretchers in the kitchen as you wait for your food to cook or the kettle to boil.

10

Turn on the radio or put on your favourite record and dance! You could even listen to some of the songs in the puzzle on page 7!

8

Clean your home – vacuuming, sweeping, and dusting are all physical activities.

9

Begin and end your day with some simple stretches.