

Adults should aim for a minimum of 30 minutes of physical activity every day to enjoy the benefits of a health life. Children aged 5–18 years should aim for 60 minutes per day. Children aged 1–5 years should be physically active every day for at least three hours spread throughout the day.

Monday		Tuesday		Wednesday	
<b>Adults</b>		<b>Adults</b>		<b>Family challenge</b>	
Endurance circuit week! This means we must find a minimum of three exercises to do during our weekly walks. <ul style="list-style-type: none"> <li>• Try squats, sit-ups, push-ups, chair dips</li> <li>• Try two lots of 10 to 20 with 30 to 60 second rest periods in between each exercise.</li> </ul>		Today choose between a walk or creating a circuit in the backyard. If you decide on the latter, do at least eight exercises. <ul style="list-style-type: none"> <li>• Circuit training exercises include lunges, star jumps, skipping, water bottle resistance exercises, shadow boxing.</li> </ul>		Visit Better Health Channel for family friendly activity ideas or choose your preferred family favourite.	
<b>Kids</b>		<b>Kids</b>			
Ever designed a mini golf course around the backyard? If you don't have a golf ball and putter, you could just use your favourite ball and a broom. No need to dig holes, grab some plastic cups and put them on their side.		Find chalk and draw a bullseye target on the brick wall outside. Now practice trying to improve your accuracy. <ul style="list-style-type: none"> <li>• Handball a football</li> <li>• Kick a soccer ball</li> <li>• Hit a tennis ball</li> <li>• Throw a basketball</li> </ul>			
Thursday		Friday		Saturday	
<b>Adults</b>		<b>Adults</b>		<b>Adults</b>	
We haven't used the bike in a while, so time to jump on! <ul style="list-style-type: none"> <li>• Go for a ride down to your favourite park. Remember biking is a great way to give your legs a rest from pounding the pavement.</li> <li>• Do some circuit work and ride home.</li> </ul>		Before work, walk down to the local park and investigate the play equipment. You can design your own circuit training session using what's on offer. <ul style="list-style-type: none"> <li>• The rope climb</li> <li>• The park bench for dips</li> <li>• The flying fox</li> <li>• The hand rail for pull ups</li> </ul>		Find a friend and organise a mini-biathlon. <ul style="list-style-type: none"> <li>• Choose any two physical activities and do them moderately for 15 minutes each without resting in between. Consider bike riding/ walking or a swim.</li> </ul>	
<b>Kids</b>		<b>Kids</b>		<b>Kids</b>	
Invite a friend around to play your mini golf course. <ul style="list-style-type: none"> <li>• Have a play-off with your friend or brother/sister</li> <li>• Use their ideas to improve your mini golf course</li> </ul>		Challenge mum and dad to a game of backyard mini golf. Who will be the family backyard mini golf champion?		Let's get together with a few friends and have some fun while keeping active. Any ball game you like! <ul style="list-style-type: none"> <li>• Basketball</li> <li>• Volleyball</li> <li>• Football</li> <li>• Cricket</li> <li>• Soccer</li> <li>• Tennis</li> <li>• Netball</li> <li>• Hockey</li> </ul>	
Sunday					
<b>Family challenge</b>		<b>Struggling for time?</b>		<b>Still got energy?</b>	
Visit Better Health Channel for family friendly activity ideas or choose your preferred family favourite. Why not go outside for a kick of the footy, shoot some hoops, play backyard cricket, anything you like!		<ul style="list-style-type: none"> <li>• Try parking the car further away from the shops and doing more walking.</li> <li>• Do some resistance training exercises with your full shopping bags on the way back to the car. For example, bicep curls, tricep extensions, upright rows or lateral raises.</li> <li>• Grab a skipping rope and jump for five or so minutes before dinner.</li> </ul>		<ul style="list-style-type: none"> <li>• Go to your local gym and try a class you have never tried before.</li> <li>• Find a steep hill in your neighbourhood and sprint all the way up to the top, jog it back down very slowly and when you hit the bottom sprint back up again. How many sprints can you do?</li> <li>• Get physical in the garden and re-pot those plants, aerate that soil or trim those hedges.</li> </ul>	

**How do you feel after Week 4? Are you achieving your goals? Keep up the good work!**

Visit Better Health Channel for great physical activity and game ideas to keep you motivated – [www.betterhealth.vic.gov.au/activity](http://www.betterhealth.vic.gov.au/activity)

Here are some instructions for activities and games mentioned in this week's calendar. For more ideas visit Better Health Channel's physical activity plan at [www.betterhealth.vic.gov.au/activity](http://www.betterhealth.vic.gov.au/activity).

### Activities for kids

#### Mini Golf

**Equipment:** Two or more players. Use foam or plastic disposable cups for golf holes. Grab a broom, mop, umbrella, tennis racquet or a cricket bat as a golf club. You can use tennis, ping pong or real golf balls; any small ball will be fine. Per hole, use a stick or rock to mark the tee off spot.

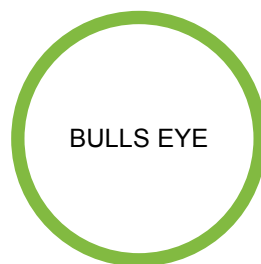
**How to:** Design your own three, six or nine hole golf course around your backyard. Using your marker, place it on the ground as a tee off spot. A distance away, maybe 10 to 15 steps, place a cup on its side on the ground for the hole. Create as many holes as your backyard allows. Make it tricky by placing the cups/holes up hills, on uneven ground, greater distances away from the tee off spot, or in between plants and trees. Use any obstacles you want to make it your very own adventure mini golf course.

From the tee off spot hit your ball towards the hole. Continue hitting the ball as many times as it takes until you successfully get the ball in the hole. After your turn, make sure you always walk or run to retrieve your own ball. Now it's the next player's turn at this hole. Per hole, count how many hits it takes each player to get the ball in the hole.

**Who wins:** The person who has taken the least number of shots in total wins the mini golf tournament.

#### Bulls eye

Use your chalk to mark out a target on a wall to throw a large or small ball at. Trace a circle on a brick wall (away from windows!) as big as a bin lid. Place some sticks at different distances away from your target. Each distance can be worth one to five points, five points being the furthest distance. Allow yourself five throws at each distance. See how many times you hit your target and see how many points you get. You may like to try your opposite hand!



## Activities for adults

Here are a few of the activities for adults mentioned in this week's calendar. Visit the Better Health Channel's physical activity plan for more circuit and weight training activities.

### Circuit training

Circuit training is a great way to keep your body strong and healthy. Here are a few of the circuit training activities.

### Squats

Squats are a great workout for the legs.

#### Instructions

- Stand with your feet a shoulder width apart and lower your body downward as though you are sitting on an invisible chair.
- Make sure both your bended knees form a 90 degree angle at the lowest point.
- Keep your feet stationary and back straight, return to the starting position and repeat.

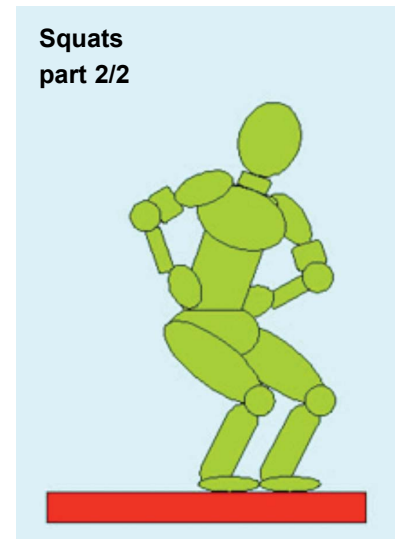
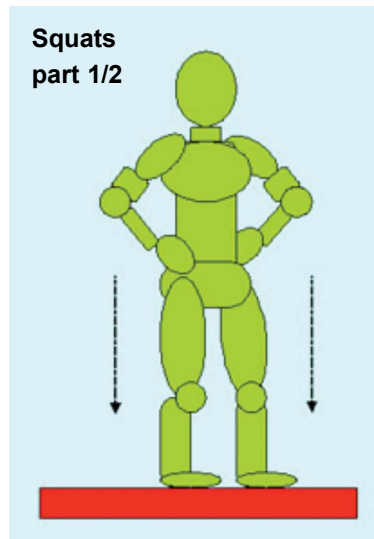
#### Want an easier option?

Perform your squats by:

- Only lowering your body halfway before returning to the starting position
- Leaning against a wall to support your back and slide up and down to complete your squats.

#### Challenge yourself!

- Perform your squats lowering your body as slowly as possible.
- Hold yourself stationary for five seconds at the lowest point before moving up.
- Hold a resistance on your chest, although it is advised to obtain expert instruction before attempting this exercise and make sure you have a person spotting you for safety.

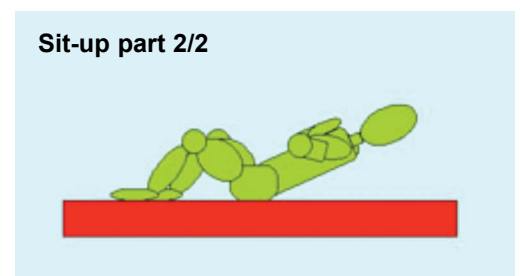
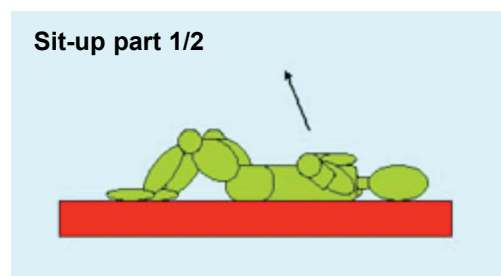


### Sit-ups

Sit-ups are a great abdominal workout.

#### Instructions

- Lie on your back, knees bent, with arms crossed over your chest.
- Draw your belly button in towards your spine.
- Keep your back straight and lift it off the ground as high as comfortable.
- Try focussing your vision directly upward to ensure you do not curl your neck into your chest.
- Lower your body to your starting position and repeat.



With all resistance training exercises your focus should be on performing quality repetitions, not just increasing quantity. This is especially important for abdominal exercises.

**Want an easier option?**

Perform your sit-ups:

- By lying on your back and curling your bent knees toward your chest, with your upper body stationary
- With a friend to assist you. Lightly push on the centre of your back on the way back up.

**Challenge yourself!**

- Perform your sit-ups and when you reach the top, hold yourself stationary for five seconds before lowering your body.
- Lower your body to the starting position as slowly as possible.
- Add resistance on your chest such as hugging a weight.

**Push-ups**

Push-ups are a great chest and arms workout.

**Instructions**

- Put your hands a shoulder width apart, arms and legs straight, toes on the ground.
- Keep your body straight and slowly lower your chest to the ground.
- Then push-up to your starting position. Remember not to fully lock out your elbows.
- Repeat as many times as you feel comfortable.

**Want an easier option?**

Perform your push-ups:

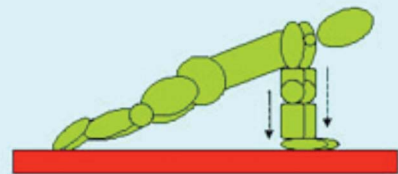
- On your knees
- Upright against a wall/tree/railing/park bench
- Facing upwards on a sloped surface.

**Challenge yourself!**

Perform your push-ups:

- With hands wider than a shoulder width apart, or try hands together under your chest
- With hands or feet on a fitball
- Trying to clap hands between repetitions.

**Push up part 1/2**



**Push up part 2/2**



## Chair dips

Chair dips are a great chest and arms workout.

### Instructions

- Sit on the front of your chair with your hands gripping the edge, knuckles facing outward.
- Keep your arms straight, knees bent on a 90 degree angle, with feet about a shoulder width apart.
- Lower your upper body until shoulders are in line with elbows. Don't go any lower to reduce the risk of shoulder strain and remember to keep your back as straight as possible.
- Push upward to your starting position. Remember to not fully lock out your elbows.
- Repeat as many times as you feel comfortable.

### Want an easier option?

Perform your chair dips:

- Using your legs to assist with the upward movement
- By only lowering your upper body halfway before returning to the starting position
- With a friend to assist you. Lightly lift yourself from under the shoulders on the way back up.

### Challenge yourself!

Perform your chair dips:

- With feet raised on a platform/another chair
- With a resistance in your lap
- Without a chair. Find two free-standing bars and perform full body weight dips!

## Weight training

Weight training is a great way to keep your body strong and healthy by increasing muscle mass, improving your metabolism and increasing your bone strength. For those of you who are unfamiliar with weight training, two or three 15 to 20 minute sessions per week is a great place to start.

An ideal way to prepare your body for weight training would be to undertake some bodyweight circuit training activities. Visit the Better Health Channel's physical activity plan for circuit training and weight training activities.

**Congratulations, you made it! How do you feel? Remember these positive changes – increased energy levels, improved sleeping, lower stress, more smiles. These are the things that will keep you going well beyond four weeks!**

**We wish you good luck in your ongoing endeavours to keep physically active every day and enjoy the benefits of a healthier body.**

**Why not check out the Better Health Channel website for more ways to stay inspired for activity! [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)**

