

# 15/30 CHALLENGE

Think of a new activity,  
lasting approximately  
15 minutes to get you  
active and moving!

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See if you can complete  
the challenge by doing  
one a day for 30 days!

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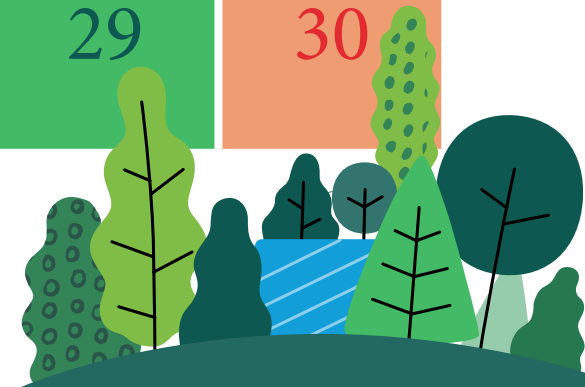
Do things you enjoy and  
keep it fun.



## 15 minutes of new activities for 30 days

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Think of your own activities or try some of our suggestions over the page.  
Tick off each day as you complete it. Missed a day? Never mind just carry  
on the next day. After all life is a journey not a race.



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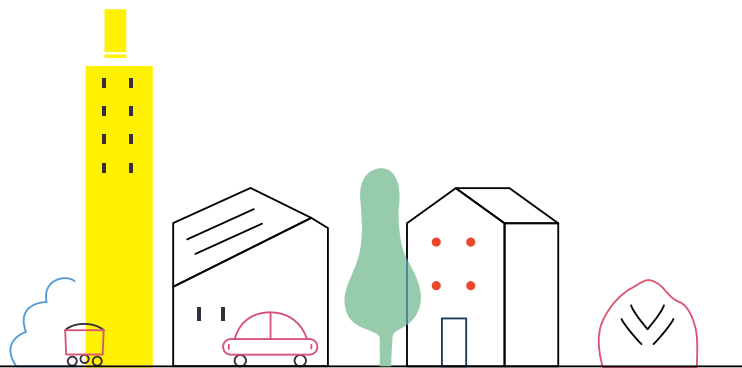
**Stuck for an idea?  
Why not try one of ours!**

**Don't forget to make it fun**

If you enjoyed doing this challenge why not let us know how you got on? We would love to hear from you!

This challenge was created and produced by Community360.

You can contact us on 01206 505250 or by email [information@community360.org.uk](mailto:information@community360.org.uk)  
[www.community360.org.uk](http://www.community360.org.uk)



**Walk the dog**

**Do some gardening, or try joining a community garden**

**Hoover like you're Elvis**

**Stand to sit 15 times whilst watching TV or during the adverts**

**Go for a stroll**

**Go for a dip at the local swimming pool**

**Park further away and walk that bit extra**

**Try some yoga**

**Start your day with a good stretch**

**Throw a ball around**

**Walk around while you're on the phone**

**Use the stairs instead of a lift**

**Clean your windows**

**Dance in your chair at each advert**

**Join an online exercise class**

**March on the spot**

**Practice balancing or balance something on your head**

**Move about the house like a crab**

**Try ironing with music - we can recommend Wham for an ironing party**

**Jiggle like a jellyfish**

**If you count your steps add more steps to your daily total**

**Move or stretch for 1 minute every hour**

**Roll a ball around with your feet or on a table with your hands**

**Air guitar or table drum to your favourite music**



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