

The Busy Bee



Our 30-day movement challenge with Karen Hauer

Say "no"
to lifts and
escalators today

TV ad break?
try a bear plank

3 Try some simple yoga poses - get the kids involved, too

On your bike!
Let's see where you can go...

Set your stopwatch for a brisk walking lap of the local park.

Shake off the Monday blues with a 10-minute dance party

7 Turn a meeting into a "walk and talk"

Park the car 10 minutes from work or school

Bicycle crunches while the kettle boils

Stand for one meeting today

Get in the garden - or do a friend's

Back to the park! Can you try a light jog this time?

Get a sweat on with an online HIIT workout

Rest day:
try a meditation
session instead

Plank challenge:
how long can you
hold it?

Find a new lunch spot on your break

Wind down from the week with a 10-minute yoga session

Pop on a podcast and stroll for an episode

aim for 3 x 10 reps
each of crunches,
leg raises, and
plank taps

of the park: can you beat last week's PB?

Focus on your pelvic floor today

Wall sit while the kettle boils

Time for a rest day: have an early night

Swap your commute (or part of it) with a walk, jog, or bike ride

10-minute exercise plan for a family member... and let them do the same for you!

Burpees
while the kettle
boils

Start the day with an energising sun salutation

Make the drinks at work today. Get a few trips in!

A walk or a jog? Flip a coin...

Spend today stretching. You've smashed it!