

Healthy Eating Healthy Activity

Welcome to your Moving More Challenges for Week 1.
We would like to you try all of the challenges as a family over the next week.

Challenge 1: Make Your Move

Read the Make Your Move Booklet and complete the activities inside.



Challenge 2: Activity Tracker

Stick the Family Activity Tracker on a wall and use it to record how much activity you do over the week.



Challenge 3: Family Game

As a family why not play "The Bean Game". All instructions can be found in your activity pack. Which action is your favourite?



Challenge 4: Hi Five Challenge

Have a go at the Target Throw Challenge, how many targets can you get in the basket in 30 seconds?

<https://www.lrsport.org/hifive-challenges>

Write your top scores in the stars below.



Challenge 5: Family Challenge

Decide on an activity to try as a family. What activities would be fun to try? Don't worry if you are struggling for ideas, the Physical Activity Officer will be able to help you! Write what you tried below:

Did You Know?

Children and Young People should aim to be active for an average of 60 minutes a day and adults 150 minutes a week?

A Physical Activity Officer will ring you during the week to see how you are getting on with your activity challenges. They will be able to talk to you about the activities on this card and tell you about local opportunities to be active near you.



HEALTHY
At HOME

Partnership Working between Leicester-Shire & Rutland Sport, Leicestershire County Council, Blaby District Council, Charnwood Borough Council, Harborough District Council, Hinckley & Bosworth Borough Council, Melton Borough Council, North West Leicestershire District Council and Oadby & Wigston Borough Council.