



31 ideas to get your body moving and your mind clearer.

Stuck for inspiration? The BfN staff and volunteers have put together this handy list of ideas on how to get moving in May.



There's something for everyone, no matter how fit you are:

Go for a fast walk
Try trampolining with the kids
Play football
Have a pillow fight
Do an NHS online workout video
Have a family tug of war
Do some gardening
Dance your socks off
Squeeze in an NHS 10 min workout
HIT workout (20 squats/20 sit ups/20 lunges/20 star-jumps - repeat 5 times)
Shuttle runs in the garden
Listen to BfNs Moment of Calm
Run up and down the stairs
Try the NHS strength and flex podcasts
Jog around a local park
Skip for 20 mins
Climb a hill
Go on a scavenger hunt
Have a water fight
Do some stretching
NHS prenatal and postnatal yoga
Play hopscotch
Play cricket
Exercise ball workout
Play rounders
Set up a lounge room obstacle course
Play in the garden sprinkler
Do Pilates

Go for a run
Mow the lawn
Skip for 10 mins
Go for a bike ride
Do some home weights - fill water bottles with sand or water
Chair workout
Try resistance training
Try couch to 5K
Do an hour of chores around the house
Walk the dog
Set up a simple circuit
Jump workout to music - the kids will love this!
Give baby yoga a go
Play floor is lava
Try a staircase workout
Play badminton
Set up crazy golf in the garden
Go on a litter picking walk
Host a mini sports day in the garden (think egg and spoon race, leapfrog three legged)
Have a planking competition
Go for a scooter ride
Jog to the nearest post box and post a letter to a friend
Blow bubbles and try and pop them all