

JOIN IN. GET ACTIVE!

PREMIER'S ACTIVE APRIL 2018



CUSTOMISE YOUR ACTIVE APRIL EXPERIENCE WITH THE ALL-NEW MY LOCAL

Download the Active April app for iOS & Android.

WELCOME TO YOUR ACTIVE APRIL FAMILY CALENDAR

We've supplied 30 fun, family activities to help you and your family get moving this April. Simply add your initials in the boxes provided once you've completed the activity for the day. Good luck!

Family Team Name:

Name:

Name:

Name:

Name:

Name:

Name:

1 Walk / jogging session 30mins

Walk briskly down to your local park/oval. Try jogging for 1 minute and walk recovery for 2 minutes.

Repeat this 8-10 times. Walk home briskly.

2 Walk/jogging session 30mins

Walk fast down to your local park/oval. Try 30 seconds fast, 30 second walk recovery, 15 seconds fast, 15 seconds walk recovery.

Repeat 10 times.

3 Spin Class 45mins

Try out a social spin class. Cycling is a non impact exercise which is great for the cardiovascular fitness and reduces the risk of cardiovascular disease.

4 Shoot some hoops 30mins

Find a local basketball court near your house. Try shooting and dribbling the ball. Challenge someone for a one on one game.

5 Walk at work 30mins

Bring your running shoes to work. Time yourself on a 20 min brisk walk. Try the same route every few days and challenge yourself to walk the same route faster each time.

6 Hill session 30mins

Find a hill/incline near your house. Jog or sprint up the hill and walk slowly back down for recovery. Try to do this 10 times. You should be huffing and puffing and feeling some fatigue in the legs.

7 TV Ad challenge 30mins

This is a simple circuit for the whole family to complete every commercial break when watching TV. Try to do a whole ad break of these exercises-one exercise per break. Crunches, side plank, reverse lunges and star jumps.

Repeat this set 3 times.

8 Cross trainer challenge 30mins

Use your Premiers Active April YMCA /Local gym free pass and jump on the cross trainer. Easy 5 minute warm up. Try 1 minute fast, 30 seconds slow recovery.

Repeat 10 times. Easy 5 minute warm down.

9 Family circuit 30mins

This is a simple circuit for the whole family to complete every commercial break when watching TV. Try to do a whole add break of these exercises-only one exercise per break. Standing lunges, bent knee dips on the couch, jog on the spot and sit-ups. **Repeat the set 3 times.**

10 Park circuit 30mins

Try a challenging strength and cardiovascular circuit at your local park. Single leg x 15, Walking/standing squats x 15, sit-ups x 15, high knees x 10. Rest for 1 minute between exercises.

Repeat the circuit 5 times.

11 Soccer play time 30mins

Set up some soccer goals at your local park or in the backyard. Challenge the family to a goal shoot off challenge or a one on one soccer game.

12 Walk / jogging session 30mins

Walk quickly to your local park/oval. We are aiming for fast movements with a walk recovery in between. Sprint for 20 seconds. Walk for 1 minute recovery. You need to be puffing after each run.

Repeat this 10 times.

13 Bike session 30mins

Go for a bike ride around the block. Try to ride easy for 10 minutes to warm up. Ride harder for 4 minutes, 2 minutes easy riding to recover.

Repeat 3 times. Ride 5 minutes easy to warm down

14 Pilates class 45mins

Give a pilates class a go. Pilates is great for increasing muscle tone and strength, increasing flexibility and range of motion to help balance muscle development.

STEP 1: FOLD GREY TAB BACK

<p>15 Circuit at home 30mins</p> <p>At home, simple, no equipment workout. Try 20x squats, jog on the spot for 1 minute, 20x star jumps, jog on the spot for 1 minute, 20x crunches, jog on the spot for 1 min. Rest for 30 seconds between exercises.</p> <p>Repeat 5 times.</p>	<p>16 Family dance fun 30mins</p> <p>Go online and search for a 30 minute aerobic dance workout that you and the family can do together. Have a laugh, enjoy the music and get your 30 minutes of exercise completed for the day.</p>	<p>17 Walk/jogging session 30mins</p> <p>Walk briskly down to your local park or oval. Try 3 mins of continuous jogging, 1 min walk recovery.</p> <p>Repeat 4 times. Walk briskly home.</p>	<p>18 Park circuit 30mins</p> <p>Try a challenging strength and cardiovascular circuit at your local park. Try 20x Star jumps, 20x Cycling legs, 20x sit ups, 10x Jump squats, 20x butt kicks on the spot-1 minute break between each exercise</p> <p>Repeat the circuit 5 times.</p>	<p>19 Playground fun 30mins</p> <p>When down at the local park, join your kids when they are playing on the playground. Try the monkey bars, swing on the swings, go down the slide. Exercises do not always need to be structured.</p>	<p>20 Circuit at home 30mins</p> <p>Try a fun, fast moving circuit routine at home-no equipment required. Straight arm plank 1 minute, Double leg bridges 1 minute, Sit ups 1 minute, Pushups 1 min. Rest for 30 seconds between exercises.</p> <p>Repeat 5 times.</p>	<p>21 Walk/jogging session 30mins</p> <p>Walk briskly down to your local park or oval. Try 4 minutes of continuous jogging, 1 minute walk recovery, 3 minutes jogging, 1 minute walk, 2 minutes jogging, 1 minute walk, 1 min jog to finish. Walk briskly home.</p>
<p>22 Train while they play 30mins</p> <p>When the kids are playing sport outside utilise this time to do a walk/jog around the oval. Try 2 minutes of jogging and walk for 1 minute as your recovery.</p> <p>Repeat 8-10 times.</p>	<p>23 Hill sprints 30mins</p> <p>Find a hill near your house. Sprint for 15 seconds up the hill, slowly walk back down for recovery. Try to do this 10 times. You should be huffing and puffing and feeling some fatigue in the legs.</p>	<p>24 For a swim 30mins</p> <p>Go to your local pool for a swim. Warm up swimming for 5 minutes. Try 2 laps hard (you should be puffing), 2 laps easy recovery.</p> <p>Repeat this 8-10 times. Warm down slowly for 5 minutes.</p>	<p>25 Walk/jogging session 30mins</p> <p>Walk briskly down to your local park/oval. Try 2 minutes of continuous jogging, 1 minute walk recovery, 1 minutes jog, 1 minute walk, 30 seconds fast, 30 second walk recovery.</p> <p>Repeat 3 times.</p>	<p>26 Yoga class 45mins</p> <p>Give a yoga class a go. Yoga is great for increasing your strength and flexibility it is also a great way to wind down and relax.</p>	<p>27 Circuit at home 30mins</p> <p>Simple, no equipment workout circuit for home. Jumping jacks x 1 minute, Marching high knees x 1 minute, Bent knee dips x 1 minute, Planks x 1 minute. Rest for 30 seconds between exercises..</p> <p>Repeat 5 times.</p>	<p>28 For a swim 30mins</p> <p>Go to your local pool for a swim. Warm up swimming for 5 minutes. Try 4 laps fast (you should be puffing), 1 lap easy recovery.</p> <p>Repeat this 5 times. Warm down slowly for 5 minutes.</p>
<p>29 Bike session 30mins</p> <p>Go for a bike ride around the block. Try to ride easy for 10 minutes to warm up. Ride hard for 90 seconds, 90 second easy riding to recover.</p> <p>Repeat 5 times. Ride 5 minutes easy to warm down</p>	<p>30 Circuit at home 30mins</p> <p>Try a fun, fast moving circuit routine at home-no equipment required. 10x push ups, 10x star jumps, 10x crunches, 30 second plank (knees or toes). All exercises have 45 second break between reps.</p> <p>Repeat this 5 times.</p>	<p>NOTES:</p> <hr/> <hr/> <hr/> <hr/> <hr/>				

IT'S FREE & FUN FOR EVERYONE

All it takes is 30 minutes of physical activity a day during April. Enjoy great benefits and win awesome prizes.

FOR MORE IDEAS ON HOW TO GET ACTIVE VISIT
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