

Watch a The Body Coach TV home work out video and get a sweat on! Find these on YouTube!	Play catch with a family member! Can you throw and catch 100 times in a row?	Using whatever means necessary, see if you can raise your pulse to 150! You can measure your pulse easily with your fingers.	Run laps around your garden for 15 minutes! Get a sweat on!	It's glutes day! 10x squats 10x lunges each leg 10 x mountain climbers! 10x burpees! Complete 3 times!
100 steps! Can you climb your stairs as many times as you need to until you reach 1000 steps? You've got all day for this challenge.	Complete a GoNoodle dance video from their YouTube page!	It's arm day! 10x press ups 10x tricep dips 10x wide grip press ups Complete 3 times!	Pop some music on and start jump for 3 songs in a row!	Choose a song and create a dance routine on your own or with family and friends!
Can you learn to juggle today?	Grab a skipping rope and do 200 skips!	Head over to the Just Dance YouTube channel and bust out some moves!	Go and have a kick about! No football? Use a pair of socks instead!	Make a healthy snack such as protein balls or high-fibre flapjack!
How many sit ups can you do today? You've got the whole day to keep adding to your score!	It's time to work on those abs! 1 minute plank 20x sit ups 20x sit ups with a twist Complete 3 times!	Crumple a piece of paper. See how many times you can hit it in the air using the palm of your hand. Try to beat your score and play with others. Why not try and keep it up in pairs?	Chill out and head over to the Cosmic Kids Yoga channel on YouTube- stretch it out!	Create a brand new sport! Write up all of the rules and then have a go at playing with people at your house!
Make a healthy smoothie using 5 different ingredients.	Go for a nice walk and appreciate something that you've never noticed before!	See if you can master something new over a few days or weeks. Handstands? Headstands? The splits? Juggling?	Have a big tournament of rock paper scissors with everyone you're living with!	Head over to YouTube and complete a Moe Jones children's workout!