

MOVE MORE MAY CHALLENGE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

SIT LESS, MOVE MORE, FEEL GREAT!

1



1 TO 2 SETS of
10 SUPERMANS ON each leg

2



MOVE HARDER
Jog on the spot
for 3 to 5 minutes

3



2 SETS of **10 CLAMS**
alternating each side

4



EXERCISE YOUR MIND
2 to 3 minutes of mindful
breathing

5



1 TO 2 SETS of
10 LUNGES on each leg

6

FIND YOUR 30
Get your heart rate
up doing any kind of
movement you like

7



1 TO 2 SETS of **10 SQUATS**
(or squat jumps for an
extra challenge)

8



DANCE IT OUT
Have a dance party in
your lounge room

9



1 TO 2 SETS of
10 CALF RAISES

10

FIND YOUR 30
Get your heart rate
up doing any kind of
movement you like

11




1 TO 2 SETS of
20 MOUNTAIN CLIMBERS

12



MOVE STRONGER
Complete our 3 minute
workout plan (see next page)

13




1 TO 2 SETS of
10 PUSH UPS

14



MOVE HARDER
Jog on the spot
for 3 to 5 minutes

15



10 LEG LIFTS alternating
left and right, hold pose for
5 SECONDS

16



EXERCISE YOUR MIND
2 to 5 minutes of
mindful walking

17



1 TO 2 SETS of
10 BURPEES

18



MOVE STRONGER
Complete our 3 minute
workout plan (see next page)

19




2 TO 5 MINUTES of
AIR BOXING

20



EXERCISE YOUR MIND
2 to 3 minutes of mindful
breathing

21

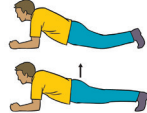


1 TO 2 SETS of
10 V-SITS

22

FIND YOUR 30
Get your heart rate
up doing any kind of
movement you like

23



HOLD PLANK for
30 SECONDS TO 1 MINUTE

24



EXERCISE YOUR MIND
2 to 5 minutes of
mindful walking

25




1 TO 3 MINUTES of
HIGH KNEES

26

FIND YOUR 30
Get your heart rate
up doing any kind of
movement you like

27



HOLD SUPINE BRIDGE for
30 SECONDS TO 2 MINUTES

28



MOVE STRONGER
Complete our 3 minute
workout plan (see next page)

29



1 TO 2 SETS of
10 SIT-UPS

30



MOVE HARDER
Jog on the spot
for 3 to 5 minutes

31



1 TO 2 SETS of
10 STAR JUMPS

 **CONGRATULATIONS!**
YOU'VE COMPLETED MOVE MORE MAY

LIVELIGHTER
▲[®]

3 MINUTE

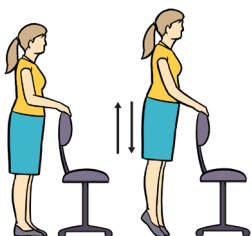
WORKOUT PLAN

If you spend most of your day sitting during work or study then this workout plan is for you.

It can be done virtually anywhere, all you'll need is a timer and something to lean on to keep your balance, whether it is a desk, a benchtop or a car!

Instructions: Choose an exercise and do it for 30 seconds. Then repeat or choose a different one. Mix and match exercises to complete at least 3 minutes. Try and break up your day by doing a 3 minute workout every 30 to 60 minutes.

Bonus! If you have more than 3 minutes to spare why not do a few extra exercises?



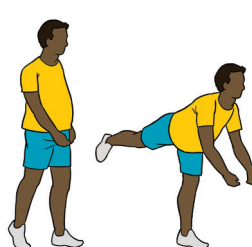
Calf Raises

Raise your heels a few inches off the ground. Hold this position, and then slowly lower your heels back down. You can do this exercise while standing at a desk—you may need to hold on for balance and support.



Half Squats

Stand with your feet planted about shoulder width apart. Squat down half way keeping your back straight. Stand back up again and repeat.



1-leg stand

Stand tall with your hips, knees and toes in line. Transfer your weight onto a single leg, lifting the other just off the ground. When stable, tip forward at the hip. Move your back leg towards the ceiling and body towards the ground. Hold for 15 seconds each leg, then switch.



Knee Lifts

While keeping your knees bent, lift one leg so your knee moves toward your chest. Raise the leg as high as possible and hold the position for a few seconds. Lower your leg slowly and in a controlled manner. Switch to the other leg. This move helps open your hips while strengthening your thighs and abs.



Glute squeezes

While sitting or standing, contract your bottom muscles and hold tight for three seconds. Then, relax and contract again. You can do this at your desk or in the car!



Leg curls

While standing, bring one foot up to your backside, and then lower. Go for 30 seconds, and switch legs.



Push-ups

Plant your hands on the edge of a desk, table, or any stationary surface around your work station, shoulder width apart. Stretch your legs out behind you, lower your chest to the desk, and push-up.

Did you know?

If you spend more than 8 hours a day sitting, you need to do approximately 60 minutes per day of moderate-intensity physical activity to offset all that sitting. Try to be less still, and break up your day by moving more.