

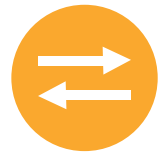
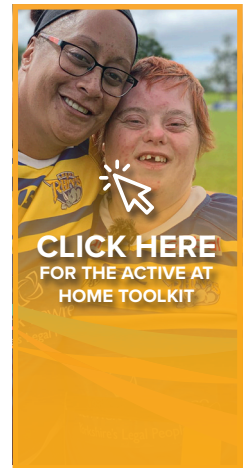
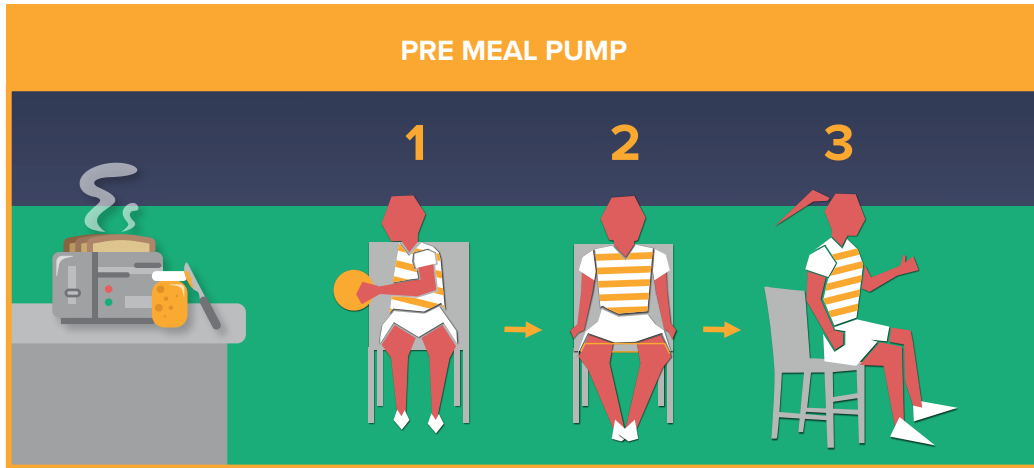


# ACTIVE AT HOME

## PRE MEAL PUMP



## WEEK 6 CHALLENGE



**HOW TO..?**

- This challenge makes sure you not only get to be active but also that you are eating your 3 square meals a day! Lets get active either before or after every time you eat!
- Choose a small workout you can do from 2 or 3 activities in the toolkit and make sure you do them to when you are getting ready or winding down from a meal! See if you can do 3 small workouts a day this week!

**REMEMBER**

- Keep your exercise short and spread out through the day.
- Plan your workout to be just before you eat your meals.

**ADAPTATION**

- Introduce different exercises to keep it fresh.
- If you're feeling energised try and cool down exercise after your meal.

WEEKLY CHALLENGE LOG		RULES
<p><b>PRE MEAL PUMP</b></p> <p>Video it and let's see what exercises you are doing!</p>		<ul style="list-style-type: none"> <li>• Plan 3 small workouts</li> <li>• Do each before your breakfast, lunch and dinner</li> </ul>