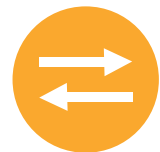
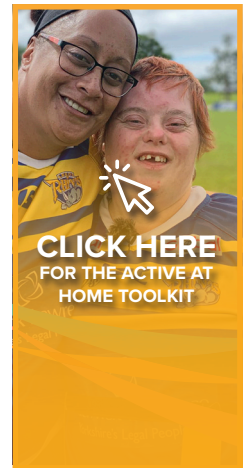
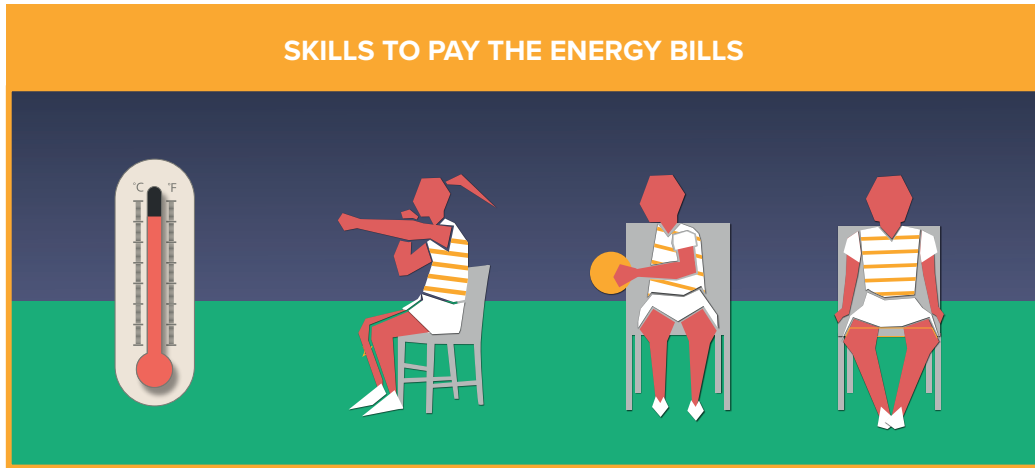




# ACTIVE AT HOME

SKILLS TO PAY THE ENERGY BILLS

## WEEK 7 CHALLENGE



**HOW TO..?**

- Save some money with a workout this week! If you're feeling a bit chilly this week, before you crank up the heating, crank up the activity.
- Set yourself a challenge to get warm with a workout and save a few minutes of extra heating.
- So this week we want to see some activity before you spend extra pennies on the gas or electric!

**REMEMBER**

- Of course this isn't mandatory... put your heating on whenever you want.

**ADAPTATION**

- ????
- ????
- ????

WEEKLY CHALLENGE LOG		RULES	
<p><b>SKILLS TO PAY THE ENERGY BILLS</b></p> <p>Repeat this a few times, video it and send in your score!??????</p>		<ul style="list-style-type: none"> <li>• ????</li> <li>• ????</li> <li>• ????</li> </ul>	