



ACTIVE AT HOME

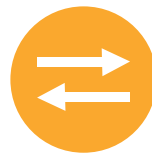
“KETTLE BELL” CHALLENGE

WEEK 4 CHALLENGE

“KETTLE BELL” CHALLENGE PART 1

“KETTLE BELL” CHALLENGE PART 2

[CLICK HERE FOR THE ACTIVE AT HOME TOOLKIT](#)



HOW TO..?

- What we all love best is a good brew to start the day...or finish it... or anything in between.
- This week everytime you go to boil the kettle get ready to work!
- As soon as that kettle is turned on get moving, choose an exercise and see how many you can do before the kettle whistles or clicks.

REMEMBER

- Prepare for exercise by getting warmed up.
- You can try more than one exercise if your kettle takes a while to boil.

ADAPTATION

- Try a different exercise each time the kettle boils.
- More brews means more time to exercise and stay active.

WEEKLY CHALLENGE LOG		RULES
<p>“KETTLE BELL” CHALLENGE Repeat this a few times, video it and send in your score!</p>		<ul style="list-style-type: none"> • Choose one of the activities from the #ActiveAtHome Resource • Fill up your kettle, get your cups prepared and as soon as you start that kettle, GET WORKING • When the kettle bell rings, stop...how many times did you do your exercise?