



## Active for Life Personal Challenge

Weekly challenges for all ages and abilities.

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The weekly challenge will be posted on Wednesdays each week.

Print or copy out a challenge score card so you can challenge yourself over the week.

Try to do the challenge at least 4 times over the week and then record your score after each attempt. What's your personal best?

At the end of each week download your certificate.

And don't forget post on the Healthy Lifestyles Team Facebook or Twitter @BHhealthylife your pictures and videos of you getting involved in the challenge!

Challenge Number	Intermediate Challenge	Easy Challenge
1	<p><b>Washing Hands Squats</b></p> <p>Squat for 10 secs whilst holding hand outs in front pretending to wash them – then stand up and recover for 10sec – still washing hands.</p> <p>1 set of 3 reps.</p> <p><b>Challenge:</b> How many sets can you do?</p>	<p><b>Washing Hands Squats</b></p> <p>Using a chair – Stand for 10 secs – then sit down for 10 secs – still pretending to be washing hands.</p> <p>1 set of 3 reps.</p> <p><b>Challenge:</b> How many sets can you do?</p>
2	<p><b>Keepy up challenge</b></p> <p>You will need a balloon or a ball or a piece of paper screwed up.</p> <p><b>Challenge:</b> How long can you keep the balloon up for?</p>	<p><b>Keepy up challenge</b></p> <p>You could do this challenge sitting in a chair.</p> <p>You will need a balloon or a ball or a piece of paper screwed up.</p> <p><b>Challenge:</b> How long can you keep the balloon up for?</p>
3	<p><b>Easter Egg and Spoon</b></p> <p>You will need a spoon, a piece of paper screwed up, a ball or even a chocolate egg. Anything that works</p>	<p><b>Easter Egg and Spoon</b></p> <p>You will need a spoon, a piece of paper screwed up, a ball or even a chocolate egg. Anything that</p>

	<p>for you.</p> <p>Set up 4 obstacles – cans, cones, anything you can weave through. Set them up a good metre apart over a 5 metre distance.</p> <p><b>Challenge:</b> How many laps can you complete in 30secs?</p>	<p>works for you.</p> <p>Set up 4 obstacles – cans, cones, anything you can weave through. Set them up a good metre apart.</p> <p>Go at your own pace – remove the obstacles. Just start with and finish point.</p> <p><b>Challenge:</b> How many laps can you complete in 30secs?</p>
4	<p><b>Easter Bunny Challenge</b></p> <p>Stand with feet shoulder width apart. Bend your knees and jump like an Easter Bunny!</p> <p><b>Challenge:</b> How many jumps can you do in 20 seconds.</p>	<p><b>Easter Bunny Challenge</b></p> <p>Sitting in a chair 2 options – 1) standing up slowly using your legs to push you up into a full standing position hold for second and – then sit back down. 2) Bunny Shoulder rolls – in your chair sit slightly forwards and lift your shoulders up and then down.</p> <p>Quality is important not quantity!</p> <p><b>Challenge:</b> How many can you do in 20 seconds.</p>
5	<p><b>St Georges Day Dragon Stretch</b></p> <p>Take one big step forwards – transfer your weight onto your right foot. Stretch out your left leg behind you. You can use our hands to keep your balance or for increased difficulty bring your arms up above your head.</p> <p><b>Challenge :</b> Can you hold this stretch for 60 seconds on both your left and right leg?</p>	<p><b>St Georges Day Dragon Stretch</b></p> <p>Stand behind a chair – with two hands hold the back of the chair. Take a small step back with your right left and bend through our left. You should feel a slight stretch.</p> <p><b>Challenge:</b> Can you hold this stretch for 60 seconds on both your left and right leg?</p>
6	<p><b>Step Ups</b></p> <p>Find a step in your house or garden stand opposite the step and then see how many steps you can do in 30 seconds. If you haven't got a step you can follow the chair exercise but make it harder.</p> <p>Challenge: How many step ups can</p>	<p><b>Step Ups</b></p> <p>Sit on a chair and stand up and then sit down.</p> <p>Challenge: How many can you do</p>

	you do in 30 seconds.	in 30 seconds.
7	<p><b>Target Golf</b></p> <p>Find yourself 3 containers and 3 ball type objects – rolled up socks would work well for this.</p> <p>Set the containers out over a good distance that is safe and you can easily throw the objects. Standing can you get all 3 objects into each container?</p> <p><b>Challenge:</b> Can you get each object into all 3 of the containers.</p>	<p><b>Target Golf</b></p> <p>Find yourself 3 containers and 3 ball type objects – rolled up socks would work well for this.</p> <p>Set the containers out over a good distance that is safe and you can easily throw the objects. Get a chair to sit on can you get all 3 objects into each container?</p> <p><b>Challenge:</b> Can you get each object into all 3 of the containers.</p>
8	<p><b>Wall Ball</b></p> <p>Using a ball or rolled up socks find a wall and stand a metre away.</p> <p>Throw the ball against the wall using one hand and then catch with the other. This is tricky!</p> <p><b>Challenge :</b> How many completed catches can you do in 30 seconds.</p>	<p><b>Wall Ball</b></p> <p>Using a ball or rolled up socks find a wall and sit a metre away.</p> <p>Throw the ball against the wall using one hand and then catch with the other. This is tricky!</p> <p><b>Challenge :</b> How many completed catches can you do in 30 seconds.</p>
9	<p><b>Stork Test – Balance test</b></p> <p>Stand with hands on hips and place the bottom of one foot against the inside knee of the other leg. Lift the heel of your standing leg off the floor so you're balancing on the ball of your foot. Time how long you can maintain this position. If your heel touches the floor or hands leave hips, restart the clock! Generally speaking, 30 seconds or above indicates good balance; below 10 seconds means you probably need to get practising to find your inner flamingo.</p> <p><b>Challenge:</b> How long can you hold the balance for?</p>	<p><b>Stork Test – Balance test</b></p> <p>Stand behind a chair and lift one leg – bend at the knee so it's elevated. Don't let go of the chair unless you feel steady and secure.</p> <p>How long can you hold the balance for?</p>
10	<p><b>Wall Press Ups</b></p> <p>Face a wall, standing a little farther than arm's length away, feet shoulder-width apart.</p>	<p><b>Wall Press Ups</b></p> <p>Face a wall, standing a little farther than arm's length away, feet shoulder-width apart.</p>

	<p>Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.</p> <p>Slowly breathe in as you bend your elbows and lower your upper body toward the wall in a slow, controlled motion. Keep your feet flat on the floor.</p> <p>Hold the position for 1 second.</p> <p>Breathe out and slowly push yourself back until your arms are straight.</p> <p><b>Challenge:</b> How many can you do in 30 seconds?</p>	<p>Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.</p> <p>Slowly breathe in as you bend your elbows and lower your upper body toward the wall in a slow, controlled motion. Keep your feet flat on the floor.</p> <p>Hold the position for 1 second.</p> <p>Breathe out and slowly push yourself back until your arms are straight.</p> <p><b>Challenge:</b> How many can you do in 30 seconds?</p>
11	<p><b>Skittles Challenge</b></p> <p>Find yourself 4 empty plastics bottles and get your trusty rolled up sock.</p> <p>Set up the skittles a good 4/5 meters away from where you will roll the sock from.</p> <p>Roll the sock under arm to knock down as many of the skittles as you can.</p> <p>You get 3 goes.</p> <p><b>Challenge:</b> How many skittles can you knock down in 3 attempts?</p> <p>If this is too easy move further away from the skittles.</p>	<p><b>Skittles Challenge</b></p> <p>Find yourself 4 empty plastics bottles and get your trusty rolled up sock.</p> <p>Set up the skittles a good 4/5 meters away from where you will roll the sock from.</p> <p>Sitting on a chair roll the sock under arm to knock down as many of the skittles as you can.</p> <p>You get 3 goes.</p> <p><b>Challenge:</b> How many skittles can you knock down in 3 attempts?</p> <p>If this is too easy move further away from the skittles.</p>
12	<p><b>Lunges</b></p> <p>All you need to do is step forward with one leg and bend your knee. Make sure you keep your core muscles tight your back straight. Gradually lower your back whilst driving your knee towards the floor. Make sure you keep your balance, return to the standing position to swap legs and repeat.</p> <p><b>Challenge:</b> How many can you do in 60 seconds.</p>	<p><b>Lunges</b></p> <p>All you need to do is step forward with one leg and bend your knee. Make sure you keep your core muscles tight your back straight. Gradually lower your back whilst driving your knee towards the floor. Make sure you keep your balance, return to the standing position to swap legs and repeat. Take this slowly and use a chair to steady yourself.</p> <p><b>Challenge:</b> How many can you do in 60 seconds?</p>

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