

There are lots of different ways to be active, individually, with friends or a group, playing sport on your own or as a team, in public places or at home.

Aim for 60 minutes of activity per day that gets your heart beating faster. This doesn't have to be all at once, you could try 20 minutes three times a day.

Walk regularly if possible. If you live too far away from your destination to walk the whole distance, try getting on the bus a stop later and getting off a stop earlier.

Do online workouts such as Joe Wicks

Dance to your favourite song every day



Try Yoga



Take the dog for a walk. You can borrow one!



Help with the gardening or the chores.



Help carry shopping home or in from the car.

Set yourself a step goal.

Aim to increase the amount of steps you do each day.

Help prepare a meal



Free Activity And Local Green Spaces

[NHS Healthier Families Activities](#)

[Parkrun](#)

[Marathon Kids](#)

[British Cycling](#)

[Lets Ride](#)

[Walk Wheel Cycle Trust](#)

[BWY Yoga](#)

[Les Mills Kids Classes](#)

[EMD UK Group exercise](#)

Local parks

[Park Play](#)

[Sweatco](#)

[National Parks](#)

[Sporting Equals](#)

[Treasure Trails](#)

[Nordic Walking](#)

[Ramblers](#)

[Paradance](#)

Local leisure centre

Check your local leisure centre for free school holidays swim sessions and activities.