



Step to it!

5 minutes of lunges = 1,500 steps

Tone up your legs and get in those steps by lunging. Grab your isolation buddy and cheer each other on!

15 minutes cleaning the house = 1,300 steps

Spring is the season for cleaning so why not blitz the house and do a full body workout all at the same time? Blast out the music, get the kids involved and you'll be done before you know it!

30 minute walk = 5,600 steps

Take a break from working or learning and get out into the fresh air for a walk. Have a look to see if you can find some rainbow windows along the way.

30 minute run = 9,000 steps

If you've been thinking about starting to run, now's your chance! Lace up your trainers and embrace the outdoors with a 30 minute run.

5 minutes skipping = 800 steps

Jump to the occasion and dust off your skipping rope. Did you know skipping is a great way to raise the heartrate and increase your steps?

15 minutes of garden football = 1,700 steps

There may not be any footy on the TV but you could grab your house buddies and create your own match. (Make sure you wash your hands after handling the ball!)

30 minute Joe Wicks workout = 4,000 steps

A Joe Wicks workout is a fantastic morning wake-up call. Get the family together and join in the UK-wide fitness phenomenon!

15 minutes hoovering the house = 1,350 steps

If you've been meaning to Hoover the house, why not do it in your lunch break? 15 minutes can rack up a great number of steps.

30 minute kitchen disco = 3,000 steps

Turn on the tunes and have a party in your kitchen. Sing along to your favourite songs and challenge your house buddies to a dance-off.

* Don't forget to multiply the steps for each activity with the amount of people taking part to add up your daily total.

THE NOAH'S ARK
STEP
CHALLENGE