

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

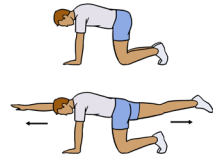
FRIDAY

SATURDAY

SUNDAY

# MOVE MORE

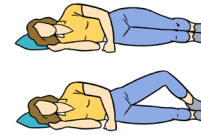
## 30-DAY CHALLENGE



1 to 2 sets of 10 supermans on each leg

### MOVE STRONGER

Complete our 3 minute workout plan



2 sets of 10 clams, alternating each side

### EXERCISE YOUR MIND



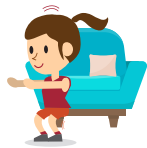
2 to 3 minutes of mindful breathing



1 to 2 sets of 10 lunges on each leg

### MOVE STRONGER

Complete our 3 minute workout plan



1 to 2 sets of 10 squats (or squat jumps for an extra challenge)

### EXERCISE YOUR MIND



2 to 5 minutes of mindful walking



1 to 2 sets of 10 calf raises

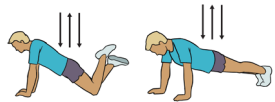
### FIND YOUR 30

30 minutes of active house work (e.g. mopping, washing windows or gardening), yoga, pilates or an exercise you enjoy and can do at home.



1 to 2 sets of 20 mountain climbers

### HAVE A DANCE PARTY IN YOUR LOUNGE ROOM



2 sets of 10 push ups

### MOVE HARDER

Jog on the spot for 3 to 5 minutes



10 leg lifts, alternating left and right, hold pose for 5 seconds

### FIND YOUR 30

30 minutes of active house work (e.g. mopping, washing windows or gardening), yoga, pilates or an exercise you enjoy and can do at home.



1 to 2 sets of 10 burpees

### EXERCISE YOUR MIND



2 to 3 minutes of mindful breathing



2 to 5 minutes of air boxing

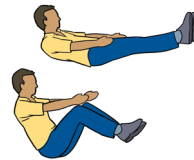
### EXERCISE YOUR MIND



2 to 5 minutes of mindful walking

### MOVE STRONGER

Complete our 3 minute workout plan



2 sets of 10 V-sits

### MOVE HARDER

Star jumps for 2 to 5 minutes



Hold plank for 30 seconds to 1 minute

### FIND YOUR 30

30 minutes of active house work (e.g. mopping, washing windows or gardening), yoga, pilates or an exercise you enjoy and can do at home.



1-3 minutes of high knees

### FIND YOUR 30

30 minutes of active house work (e.g. mopping, washing windows or gardening), yoga, pilates or an exercise you enjoy and can do at home.



Hold supine bridge for 30 seconds to 2 minutes

### MOVE STRONGER

Complete our 3 minute workout plan



2 sets of 10 sit ups

# CONGRATULATIONS!

YOU'VE FINISHED OUR MOVE MORE 30-DAY CHALLENGE



# 3 MINUTE

# WORKOUT PLAN

**If you spend most of your day sitting during work or study then this workout plan is for you.**

It can be done virtually anywhere, all you'll need is a timer and something to lean on to keep your balance, whether it is a desk, a benchtop or a car!

Instructions: Choose an exercise and do it for 30 seconds. Then repeat or choose a different one. Mix and match exercises to complete at least 3 minutes. Try and break up your day by doing a 3 minute workout every 30 to 60 minutes.

**Bonus! If you have more than 3 minutes to spare why not do a few extra exercises?**



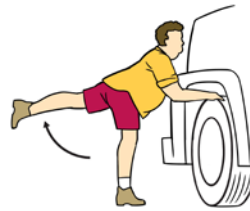
### Calf Raises

Raise your heels a few inches off the ground. Hold this position, and then slowly lower your heels back down. You can do this exercise while standing at a desk—you may need to hold on for balance and support.



### Half Squats

Stand with your feet planted about shoulder width apart. Squat down half way keeping your back straight. Stand back up again and repeat.



### 1-leg stand

Stand tall with your hips, knees and toes in line. Transfer your weight onto a single leg, lifting the other just off the ground. When stable, tip forward at the hip. Move your back leg towards the ceiling and body towards the ground. Hold for 15 seconds each leg, then switch.



### Knee Lifts

While keeping your knees bent, lift one leg so your knee moves toward your chest. Raise the leg as high as possible and hold the position for a few seconds. Lower your leg slowly and in a controlled manner. Switch to the other leg. This move helps open your hips while strengthening your thighs and abs.



### Glute squeezes

While sitting or standing, contract your bottom muscles and hold tight for three seconds. Then, relax and contract again. You can do this at your desk or in the car!



### Leg curls

While standing, bring one foot up to your backside, and then lower. Go for 30 seconds, and switch legs.



### Push-ups

Plant your hands on the edge of a desk, table, or any stationary surface around your work station, shoulder width apart. Stretch your legs out behind you, lower your chest to the desk, and push-up.

## Did you know?

If you spend more than 8 hours a day sitting, you need to do approximately 60 minutes per day of moderate-intensity physical activity to offset all that sitting. Try to be less still, and break up your day by moving more.

Partner:



Government of Western Australia  
Department of Health

