

# JOIN IN. GET ACTIVE!

## PREMIER'S ACTIVE APRIL 2019



**Get active this April with our brand new workout videos!**

You can also use the new Activity Timer, all available on our Active April app for iOS & Android.

## WELCOME TO YOUR ACTIVE APRIL FAMILY CALENDAR

We've supplied 30 fun, family activities to help you and your family get moving this April. Simply add your initials in the boxes provided once you've completed the activity for the day. Good luck!

Family Team Name:

Name:

Name:

Name:

Name:

Name:

Name:

### 1 Walk / jogging session 30mins

Walk briskly down to your local park/oval. Try jogging for 1 minute and walk recovery for 2 minutes.

**Repeat this 8-10 times.** Walk home briskly.

### 2 Playground fun 30mins

When down at the local park, join your kids when they are playing on the playground. Try the monkey bars, swing on the swings, go down the slide. Exercises do not always need to be structured.

### 3 Walk/jogging session 30mins

Walk fast down to your local park/oval. Try 30 seconds fast, 30 second walk recovery, 15 seconds fast, 15 seconds walk recovery.

**Repeat 10 times.**

### 4 Shoot some hoops 30mins

Find a local basketball court near your house. Try shooting and dribbling the ball. Challenge someone for a one on one game.

### 5 Walk at work 30mins

Bring your running shoes to work. Time yourself on a 20 min brisk walk. Try the same route every few days and challenge yourself to walk the same route faster each time.

### 6 Hill session 30mins

Find a hill/incline near your house. Jog or sprint up the hill and walk slowly back down for recovery. Try to do this 10 times. You should be huffing and puffing and feeling some fatigue in the legs.

### 7 TV Ad challenge 30mins

This is a simple circuit for the whole family to complete every commercial break when watching TV. Try to do a whole ad break of these exercises-one exercise per break. Crunches, side plank, reverse lunges and star jumps.

**Repeat this set 3 times.**

### 8 Swim 30mins

Go to your local pool for a swim. Warm up swimming for 5 minutes. Try 2 laps hard (you should be puffing), 2 laps easy recovery.

**Repeat this 8-10 times.** Warm down slowly for 5 minutes.

### 9 Family circuit 30mins

This is a simple circuit for the whole family to complete every commercial break when watching TV. Try to do a whole ad break of these exercises-only one exercise per break. Standing lunges, bent knee dips on the couch, jog on the spot and sit-ups. **Repeat the set 3 times.**

### 10 Park circuit 30mins

Try a challenging strength and cardiovascular circuit at your local park. Single leg x 15, Walking/standing squats x 15, sit-ups x 15, high knees x 10. Rest for 1 minute between exercises.

**Repeat the circuit 5 times.**

### 11 Get Active Video: Strength 30mins

Log into your Active April account and give a strength session a go. Strength is important for everyone as it makes their bones stronger, improves overall fitness and helps improve their mental health. **Repeat 3 times.**

### 12 Walk / jogging session 30mins

Walk quickly to your local park/oval. We are aiming for fast movements with a walk recovery in between. Sprint for 20 seconds. Walk for 1 minute recovery. You need to be puffing after each run.

**Repeat this 10 times.**

### 13 Swim 30mins

Go to your local pool for a swim. Warm up swimming for 5 minutes. Try 2 laps hard (you should be puffing), 2 laps easy recovery.

**Repeat this 8-10 times.** Warm down slowly for 5 minutes.

### 14 Get Active Video: Yoga 30mins

Log into your Active April account and give yoga a go. Yoga is great for increasing your strength and flexibility. It is also a great way to wind down and relax.

**Repeat this 3 times.**

# STEP 1: FOLD GREY TAB BACK

<b>15 Circuit at home</b> <b>30mins</b> At home, simple, no equipment workout. Try 20x squats, jog on the spot for 1 minute, 20x star jumps, jog on the spot for 1 minute, 20x crunches, jog on the spot for 1 min. Rest for 30 seconds between exercises. <b>Repeat 5 times.</b>	<b>16 Get Active Video: Pilates</b> <b>30mins</b> Log into your Active April account and give Pilates a go. Pilates focuses on improving posture and strengthening your core unit. <b>Repeat 3 times.</b>	<b>17 Walk/jogging session</b> <b>30mins</b> Walk briskly down to your local park or oval. Try 3 mins of continuous jogging, 1 min walk recovery. <b>Repeat 4 times.</b> Walk briskly home.	<b>18 Park circuit</b> <b>30mins</b> Try a challenging strength and cardiovascular circuit at your local park. Try 20x Star jumps, 20x Cycling legs, 20x sit ups, 10x Jump squats, 20x butt kicks on the spot-1 minute break between each exercise <b>Repeat the circuit 5 times.</b>	<b>19 Playground fun</b> <b>30mins</b> When down at the local park, join your kids when they are playing on the playground. Try the monkey bars, swing on the swings, go down the slide. Exercises do not always need to be structured.	<b>20 Circuit at home</b> <b>30mins</b> Try a fun, fast moving circuit routine at home-no equipment required. Straight arm plank 1 minute, Double leg bridges 1 minute, Sit ups 1 minute, Pushups 1 min. Rest for 30 seconds between exercises. <b>Repeat 5 times.</b>	<b>21 Walk/jogging session</b> <b>30mins</b> Walk briskly down to your local park or oval. Try 4 minutes of continuous jogging, 1 minute walk recovery, 3 minutes jogging, 1 minute walk, 2 minutes jogging, 1 minute walk, 1 min jog to finish. Walk briskly home.
<b>22 Train while they play</b> <b>30mins</b> When the kids are playing sport outside utilise this time to do a walk/jog around the oval. Try 2 minutes of jogging and walk for 1 minute as your recovery. <b>Repeat 8-10 times.</b>	<b>23 Hill sprints</b> <b>30mins</b> Find a hill near your house. Sprint for 15 seconds up the hill, slowly walk back down for recovery. Try to do this 10 times. You should be huffing and puffing and feeling some fatigue in the legs.	<b>24 Swim</b> <b>30mins</b> Go to your local pool for a swim. Warm up swimming for 5 minutes. Try 2 laps hard (you should be puffing), 2 laps easy recovery. <b>Repeat this 8-10 times.</b> Warm down slowly for 5 minutes.	<b>25 Walk/jogging session</b> <b>30mins</b> Walk briskly down to your local park/oval. Try 2 minutes of continuous jogging, 1 minute walk recovery, 1 minutes jog, 1 minute walk, 30 seconds fast, 30 second walk recovery. <b>Repeat 3 times.</b>	<b>26 Get Active Video: Balance</b> <b>30mins</b> Log into your Active April account and give a balance session a go. Having good balance is important for many activities we do every day, such as walking and using stairs. <b>Repeat 3 times.</b>	<b>27 Circuit at home</b> <b>30mins</b> Simple, no equipment workout circuit for home. Jumping jacks x 1 minute, Marching high knees x 1 minute, Bent knee dips x 1 minute, Planks x 1 minute. Rest for 30 seconds between exercises.. <b>Repeat 5 times.</b>	<b>28 For a swim</b> <b>30mins</b> Go to your local pool for a swim. Warm up swimming for 5 minutes. Try 4 laps fast (you should be puffing), 1 lap easy recovery. <b>Repeat this 5 times.</b> Warm down slowly for 5 minutes.
<b>29 Get Active Video: Cardio</b> <b>30mins</b> Log into your Active April account and give a cardio session a go. Regular cardio sessions are a great way to stay physically and mentally fit. <b>Repeat this 3 times.</b>	<b>30 Circuit at home</b> <b>30mins</b> Try a fun, fast moving circuit routine at home-no equipment required. 10x push ups, 10x star jumps, 10x crunches, 30 second plank (knees or toes). All exercises have 45 second break between reps. <b>Repeat this 5 times.</b>	<b>NOTES:</b>       				

**IT'S FREE & FUN  
FOR EVERYONE**

All it takes is 30 minutes of physical activity a day during April. Enjoy great benefits and win awesome prizes.

**FOR MORE IDEAS ON  
HOW TO GET ACTIVE VISIT**  
[activeapril.vic.gov.au](http://activeapril.vic.gov.au)



Authorised by the Victorian Government, 1 Treasury Place, Melbourne.