



5-Day Challenge

Day 4

**Physical Activity that
Works for You**

*by
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Brown*

Key Points

Now for the really fun part!

Today we're throwing out all the conventional considerations when choosing exercise. Things like best fat burner, ab blasters and muscle builders are not considerations here. They can come later if you want them, but they are not for today.

There are just 3 considerations when building an active lifestyle:

- 1) Is it enjoyable (or could I make it enjoyable)?
- 2) Is it convenient and practical for my life?
- 3) Will taking part give me an opportunity for social connections and a sense of being part of a community?

There are no right and wrong answers. This is about how you feel about it.

Of course how you feel about different activities can change over time. This is just a snap shot. We begin with where you are today.

On the next page I've listed lots of different types of physical activity. Read through the list and tick all those which appeal to you—either you've done them before, or you'd like to give them a try. Also at the bottom add any of your own ideas. Remember physical activity is simply you moving your body. Don't over-complicate it or over-think it.

You'll then be asked to list out the activities you chose and score them based on Enjoyment, Practicality and Community.

Finally you'll identify your top 10 scoring activities and post them into the Day 4 Task. You're almost at the finish line!



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Part 1: Select the physical activity types
that appeal to you (and add your own)

- | | |
|--|--|
| <input type="checkbox"/> Walking | <input type="checkbox"/> Trampolining |
| <input type="checkbox"/> Fast Walking | <input type="checkbox"/> Basketball |
| <input type="checkbox"/> Jogging | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Running | <input type="checkbox"/> Mountain biking |
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Bowling |
| <input type="checkbox"/> Pilates | <input type="checkbox"/> Football |
| <input type="checkbox"/> You Tube Workouts | <input type="checkbox"/> Netball |
| <input type="checkbox"/> Aerobics | <input type="checkbox"/> Rugby |
| <input type="checkbox"/> HIIT (e.g. BodyCoach) | <input type="checkbox"/> Martial Arts |
| <input type="checkbox"/> Swimming | <input type="checkbox"/> Ballet |
| <input type="checkbox"/> Team Sports | <input type="checkbox"/> Tap Dancing |
| <input type="checkbox"/> Playing with the Kids | <input type="checkbox"/> Ballroom Dancing |
| <input type="checkbox"/> Dancing | <input type="checkbox"/> Zumba |
| <input type="checkbox"/> Skipping | <input type="checkbox"/> Aquafit |
| <input type="checkbox"/> Hula-hooping | <input type="checkbox"/> Spinning |
| <input type="checkbox"/> Frisbee | <input type="checkbox"/> Strength Training |
| <input type="checkbox"/> Active Computer Games
(e.g. Wii Fit) | <input type="checkbox"/> Circuits |
| <input type="checkbox"/> Challenge Events
(e.g. Strava Challenge) | <input type="checkbox"/> Gardening |
| <input type="checkbox"/> Cycling | <input type="checkbox"/> |
| <input type="checkbox"/> Hill walking | <input type="checkbox"/> |
| | <input type="checkbox"/> |
| | <input type="checkbox"/> |



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What you need to post in the comments
in today's task post



DON'T POST SCREENSHOTS OF THE
WORKSHEET - REPLY DIRECTLY IN THE
COMMENTS ON TODAY'S TASK POST

List your selected top 10 physical activities

A large, empty rounded rectangle with a black border, intended for the user to list their top 10 physical activities.

Active
Wellbeing
Challenge



with Diane Brown