

# FALCON FITNESS

## Tip of the week

~brought to you by Mr. Craig

It is important to stay active now more than ever.  
With recommendations of staying safe at home, it can cause delays in our fitness regime.  
It is also allowing for everyone to set new routines and incorporate different activities into our lives.

**Aim to achieve 150 minutes of physical activity per week.**

It is recommended that everyone be active for 150 minutes per week. This can be split up in different ways depending on your schedule. For example 30 minutes per day, five times a week OR 40 minutes a day, four times a week.

**Try these...**



WALK/RUN  
OUTSIDE



INSTRUCTIONAL  
VIDEOS



YOGA



SKIING/  
SKATING



TIK TOK  
DANCES



ONLINE  
CHALLENGES

