

10,000 STEPS



GET ACTIVE



1 HOUR +



READY TO GO

▶▶ GETTING INTO THE ACTIVITY

An average teenager should aim to do 10,000 steps a day, to keep fit and healthy. Keep a record of your steps and see if you're hitting your target.

Do you think you usually hit your 10,000 steps a day? Or are you guilty of not doing enough exercise? Find the step counter on a smart phone or download an app which does this. Keep the phone on you all day and this will automatically track your steps. At the start of the day, predict how many steps you will do. How does this compare with the actual result at the end of the day?

Try going for a walk to do 10,000 steps, to help visualise how far you need to walk in an average day to hit your daily target. Is it further than you thought it would be? Aim to hit 10,000 steps everyday for the rest of the week.

Share a photo of you completing your 10,000 steps with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Smart Phone



NOTES FOR PARENTS & CARERS

Please follow current social distancing guidelines when out and about. An adult should initiate any contact with the BB group and/or share on social media.