

FITNESS



- ✓ FACE-TO-FACE
- ✓ VIRTUAL



GET ACTIVE



10 MINUTES



READY TO GO

➤ GETTING INTO THE ACTIVITY

Get active and fit by taking on a fitness video - focusing on getting the blood pumping and the body moving.

Getting fit and staying healthy is important for people of all ages. As a general aim, teenagers and adults should get at least 30 minutes of moderate exercise a day. Are you getting your exercise in each day?

As a group, take on one of our fitness videos. This can be done either on a virtual session or in a face-to-face meeting.

Make sure you are warmed up before starting the fitness video. You could do this with a gentle jog on the spot for 60 seconds and stretching out some key muscles.

Once you've completed the video, think about how you could incorporate more fitness sessions within the BB programme. Could you take it in turns to run a fitness session or even record your own videos to play at BB? Is there a fitness goal you and your group could work towards?



WHAT YOU'LL NEED

- Fitness Video (Available at <https://vimeo.com/theboysbrigade>)



KEEPING EVERYONE SAFE

Exercise should be taken at an individual's pace. Rest should be taken if needed and participants shouldn't overexert themselves.

Where this is taking place face-to-face maintain social distancing as required.