

UJIKA JIVA!

Let's all keep moving!

Every day, do any five of the below activities twice.

Don't forget to start with a Take 5, and end with a kilo!

**Jog on the spot
for 30 seconds**

Do 10 push-ups

Do 10 sit-ups

**Hold a squat for
10 seconds**

**Plank for 20
seconds**

**Jog on the spot
for 20 seconds**

Do 20 squats

Do 15 sit-ups

**Do 15 jumping
jacks**

Do 5 burpees