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| **Activity Title** | Exercise in Nature |
| **Activity Overview** | In this activity, you will learn the benefits of exercising outside, how to plan an ‘active route’ and how to use recycled items as gym equipment to make your own environmentally friendly workout. |
| **Activity Worksheet** | |
| |  | | --- | | Active Route Planning | | Insert a picture below of your route or routes that you have planned as an active route around your local area | |  | | Distance of the route- |  |  |  |  | | --- | --- | --- | | Environmentally Friendly Home Workout | | | | Write your list of 10-12 exercises below with a note of what weight you are using and the time or number of times you are going to do each exercise. | | | | Exercise | Weight | Time/ Number of times | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | | |