

## *Fitness on the Run.....*

*It's always hard to find time in your day for exercise, so here are some simple tasks that you can do every day.*

- *Do a brisk lap of the school grounds*

*A brisk walk around the school grounds raises your heart rate, gets you some much needed fresh air and allows for some incidental chatter with students and fellow teachers that may lift your overall mood.*

- *Stretch it out!*

*Start you morning with slow but thorough stretching. Get your students to join in and you will find they are much more focused and can concentrate better. Repeat after break times if necessary.*

- *Calf Raises*

*Teachers spend a lot of their day on their feet which can be quite damaging to calf muscles. While standing, slowly raise up your heels so that you are standing on your toes and gently stretching your calf muscles. Lower your heels slowly back to the ground. Repeat if necessary.*

- *Press that Pedometer!*

*Use a pedometer to keep track of the steps you take during your day. You may surprise yourself, or it may inspire you to take the long way to the library next week.*

