

Use these 5 Pedometer Challenges to get your kids more active!



ADVERT CHALLENGE: Every time an advert comes on jump up and march on the spot until all the adverts finish.



SUPERMARKET CHALLENGE: Before entering the supermarket, guess how steps it will take to complete the shopping. When you exit the shop check the steps and see who was the closest.



FOLLOW THE LEADER: Introduce that you are going to go on a walk with your child/ren. Tell them that they are completely in charge and that they have to decide which street to walk down, which way to turn etc. (Clearly state your safety rules around crossing roads etc)



HEAD TO HEAD: Before leaving for work and school set a challenge to see if PARENT VS CHILD, who can have the highest step count by the end of the day.



MILE A DAY CHALLENGE: Set a challenge for your child to walk a mile a day. Collect 5 Miles over the week and win a prize.