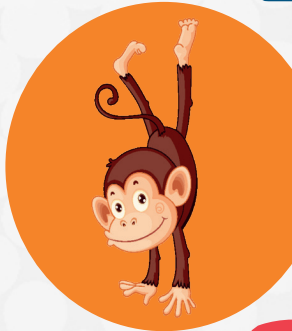
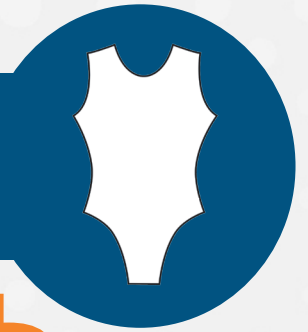


7 Day Gymnastics Challenge

Tag us in your photos/videos and use #weliveactive so we can see how you get on.

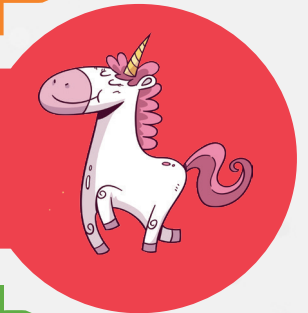
1 Get creative & draw your dream gymnastics uniform



Do a handstand (against a wall or with support if you need it), how long can you hold it?

2

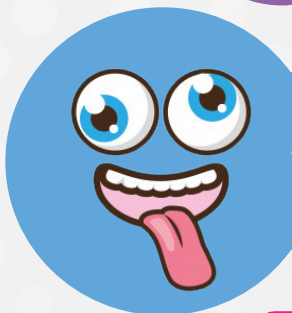
3 Write us a short story that includes gymnastics, pizza and a unicorn



Get your core working holding dish and arch poses for 20 seconds each

4

5 Teach your family a 10 minute stretch



Twist your tongue round this - "How many snacks could a snack stacker stack if a snack stacker snacked stacked snacks?"

6

7 Do a balance with your family and hold it for 15 seconds



IMPORTANT

Have fun but please remember to be sensible when doing any of the physical exercises, don't do anything that might cause injury.