



26 ways to be a CMN home hero

1. Shoot 26 basketball or netball hoops
2. Get 26 pals together for an online workout
3. Bike ride for 2.6 or 26 miles
4. Run 2.6 miles or for 26 minutes (indoors, outdoors or on the spot)
5. Challenge yourself to 26 press-ups
6. Do 26 football keepie uppies or headers
7. Skip for 2.6 minutes without any mistakes
8. Try out 26 sofa-tricep dips
9. Jump 26 times on a trampoline
10. Walk 2.6km around your house in fancy dress - that's 3,412 steps!
11. Stretch with 26 minutes of pilates or yoga
12. Pogo for 2.6 minutes without stopping
13. Hold the plank for 26 seconds or 2.6 minutes (156 seconds!)
14. Run up and down your street 26 times
15. Do 26 star jumps
16. Hop on each leg 26 times
17. Throw and catch a ball 26 times
18. Take your dog for a 26-minute walk
19. Complete 26 laps of the garden on foot, running, cycling or on your scooter
20. Put on some music and dance for 26 minutes
21. Do 26 step-ups
22. Juggle for 26 minutes or just 2.6 minutes
23. Complete 26 shoulder shrugs
24. Do some gardening for 26 minutes
25. Walk up and down the stairs 26 times

