

MAD2 - Two Miles A Day - Makes A Difference!

Day	How to achieve 2 miles!	Tip of the day!	Total Miles
<p>Sunday</p> <p>2 miles = 5,000 steps!</p> <p>All you need is a Fitbit or device to measure you steps or distance.</p>	<p>Aim to walk an overall minimum distance of just 2 miles a day and you will have a good start to getting fitter and keeping healthy!</p> <p>Walking just 2 miles a day in fresh air is good for the mind, body and soul. If you cannot go out, open the windows and get creative about how to add up the step count!</p>	<p>Good posture whether you are out walking or racking up the miles at home is always key... stand tall, shoulders relaxed, down and back, engage your core muscles, bottom tucked under and finally, imagine you have the winning lottery ticket held between your butt cheeks... you're ready to go!</p> <p>Set your alarm every hour to remind you it's time to move!</p>	2
<p>Monday</p>	<p>Not used to walking... Try 1 mile out from your home and 1 mile back... you've nailed it for the day!</p> <p>If you cannot leave your house, walk around your garden, or a few times around your home every hour!</p>	<p>Did you know that the speed you walk is controlled by how you use your arms... keep them at 90° by your side... as you walk, pump back and forth, the more you pump the faster you can go!</p> <p>Walking up and down stairs every hour of the day could add a possible 300 steps or more to your distance!</p> <p>Not too mention the positive impact on your heart and overall fitness</p>	4
<p>Tuesday</p>	<p>Join a Salsa or any online dance class approximately hour = 4,000 steps or 1.6 miles... really!</p>	<p>Stretching whilst talking on the phone... stand on the bottom step of your stairs, letting your heels alternate as they drop down. A good one to do every day and it all counts!</p> <p>Wash your car, motorbike or bicycle!</p>	6
<p>Wednesday</p>	<p>Midweek stretch... everybody knows good toes up, naughty toes pointed down... but did you know this is a great calf stretch whilst you're still in bed!</p>	<p>Working from home... then pace up and down or around your house whilst you talk on the phone!</p>	8
<p>Thursday</p>	<p>Cover 2 miles in your day today and you're up to 10 miles this week!</p>	<p>Sign up for online Pilates, it won't increase your step count too much but it is the perfect partner to walking and will improve your core stability, balance, posture and strength</p> <p>Move every hour and spend 5 – 10 minutes walking around the house or garden to clock up the distance!</p>	10

Friday Complete today and you're up to 12 miles!	Cleaning and hoovering... it all adds up! Don't forget that walking your dog adds to your overall distance!	If you can go out always use the stairs rather than lifts and escalators. If you have a treadmill at home then hop on for 15 minutes but don't forget to set at a minimum incline of 2%!	12
Saturday	Walk on the spot whilst watching your favourites on TV... don't forget to keep moving and pumping your arms, or your device won't count your steps!	Get up and enjoy early morning sunshine, birds singing and fresh air what's not to love...you won't regret it and just 15 minutes could cover a mile or more!	14
Total miles		YOU did it... 14 miles this week Well Done!	14
Add an extra mile a day!			21

Let us know how you achieve your MAD2... get ready... you would be MAD not to do it!