

# 7 DAY MUSIC GET FIT CHALLENGE

Each day follow the challenges and see how you can use music to help you get fit!

## Day 1— Just Dance.

Just Dance is a great console game that allows you to copy along with the dance moves and choreography on the screen, and dance along to some really cool music.

Don't worry if you don't have this game. You can search for "Just Dance Kids" or "Just Dance" on [YouTube](https://www.youtube.com/) and you will find lots of routines that you can play and dance along to. Choose three routines and dance. Or you might like to set yourself a Just Dance time challenge. Can you dance for 20 minutes or 45 minutes?



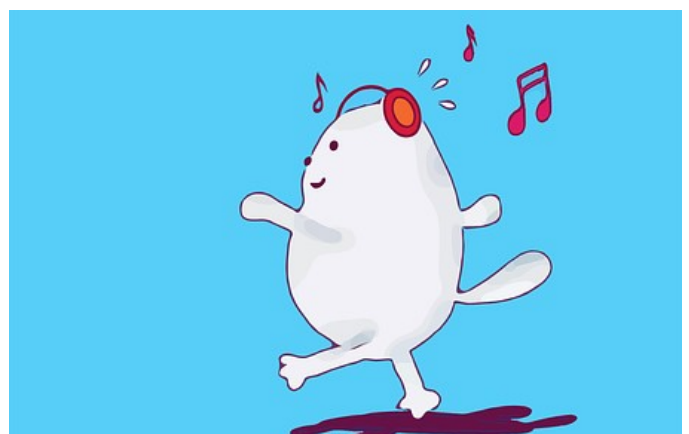
## Day 2— Hear music, move to music

This challenge goes for the whole day. Whatever you are doing during the day and wherever you are, as soon as you hear music playing, you get up and move. You could dance, you could sway, jump, jiggle or jog. You could get a member of the family to play music randomly throughout the day and surprise you, or set a timer and put the radio on every hour for 10 minutes.



## Day 3— Walk to music

Getting outside for a walk is great fun. Lots of fresh air, sunshine and room to move. What would make it better? Walking to music! Put some headphones on and take a walk listening to music. Does the music change the way you walk?



## Day 4— Jump up and get down

Lots of songs have the word Jump in the title. Why? Because it is easy to jump when music is playing. You can jump on a trampoline, you can jump rope, you can jump over obstacles. Jump and play music at the same time.

You can take this to the next level by only listening to songs with “Jump” in the title.

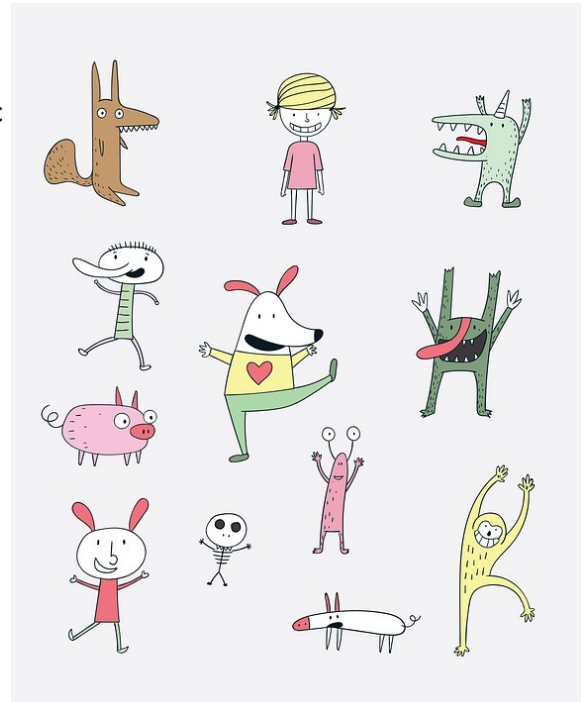


## Day 5—Musical statues

Everyone finds their own space to move in. Set up some music to play during the game. You might use a record player, mp3 player, radio or even play an instrument.

Start off with a warm up round —give everyone a chance to practise freezing like a statue when the music stops. Start the music and everyone has to move to the music. They can dance, jump, sway or jiggle.

Once the music stops, everyone has to freeze in the exact position they are in. Any movement from any part of their body and they are out. Anyone who is out can help watch for others who move when the music stops. Start the music again and repeat. Keep going until you have a winner/s.



## Day 6— Exercise as long as the song

Choose an exercise that you love to do. It could be dancing, it could be running or even shooting hoops in basketball. Now choose three songs. Play the first song and do your chosen exercise for as long as the music plays. Play the next song and exercise. Play the last song and exercise. How did you go? Was it easier to keep exercising when the music was playing?



## Day 7—Dance Party

Set up your own dance party, in your bedroom, your lounge room or in your garden.

You can use decorations, flashing lights and refreshments. Create a playlist of your favourite songs and keep dancing and having fun. Invite your friends and family to come along. You can include their favourite music and songs as part of your play list.

