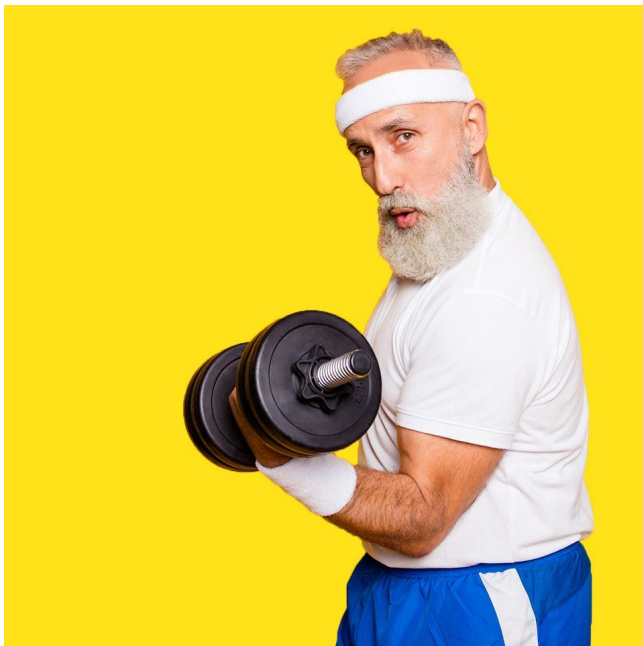


## 26 ways to be a home hero

### #TwoPointSixChallenge

- ★ Have a 26 hour Netflix watch party
- ★ Make 26 cakes and give them away
- ★ Run 2.6 miles, 26 miles (indoors, up and down your garden, on the spot)
- ★ Run or walk up and down your stairs 26 times
- ★ Knit 26 patches and make a quilt
- ★ Cut your hair 26cm, or 2.6cm if that's too long!
- ★ Hop or hula hoop for 26 mins
- ★ Bike for 26 miles / 2.6 hours / 26 minutes
- ★ Paint or draw 26 pictures



- ★ Do 26 laps of your house running or skipping, or walk 2.6km around your house in fancy dress - that's 3,412 steps!
- ★ Write 26 letters to your friends and family
- ★ Read 2.6 books in a day
- ★ Challenge yourself to 26 press ups
- ★ Do 26 keepie uppies or headers without any mistakes
- ★ Jump 26 times on a trampoline
- ★ Stretch with 26 minutes of pilates or yoga
- ★ Hold the plank for 26 seconds or 2.6 minutes (156 seconds!)
- ★ Run up and down your street 26 times



- ★ Do 26 star jumps
- ★ Throw and catch a ball 26 times
- ★ Take your dog for a 26 minute walk
- ★ Complete 26 laps of the garden on foot, running, cycling, on your scooter or on roller skates
- ★ Put on some music and dance for 26 minutes or 2.6 hours
- ★ Juggle for 26 minutes or just 2.6 minutes
- ★ Complete 26 shoulder shrugs
- ★ Do some gardening for 2.6 hours