**Walk and jog**

**Go outside with the approval of your parents/guardians and go for a walk and jog.**

**Find a safe place to perform the activity. Start with a walk for 1 minutes then do a 1 minute jog. Then repeat this process but changing the interval (time).**

**Example: 1 min walk – 1 min jog**

**30 sec walk – 30 sec jog**

**2 min walk – 2 min jog**

**3 min walk – 3 min jog**