

Helping out at home

Sporting activities and organised physical activity is a great way of getting your 60 minutes of daily activity. However, anything physical helps, and this includes doing household chores.

Cleaning the house may not sound like exercise, but it can be! Carrying the laundry to the machine and loading it up requires physical effort, and moves your body in a number of ways as you move items from bedroom to kitchen, basket to washing machine. The same can be said of tasks such as hoovering and tidying your room. These activities are also useful life skills.

To challenge your organisation skills, create your own record sheet, or use the table provided, to identify the household tasks that need doing each week, which ones you are able to help with, and how often you need to do them. Then tick them off as you go. See if there are any you can make even more physical by turning them into a game (as seen with “laundry dash” in triathlon 3).



