



2021 EDITION

SCHOOL CHALLENGE - DECALOGUE

ADD STEPS TO YOUR DAYS

PROPOSED BY

5.30 Events Ltd.

with Sabrina Severi – Biologist with Food Science degree

Students aged 14 to 18

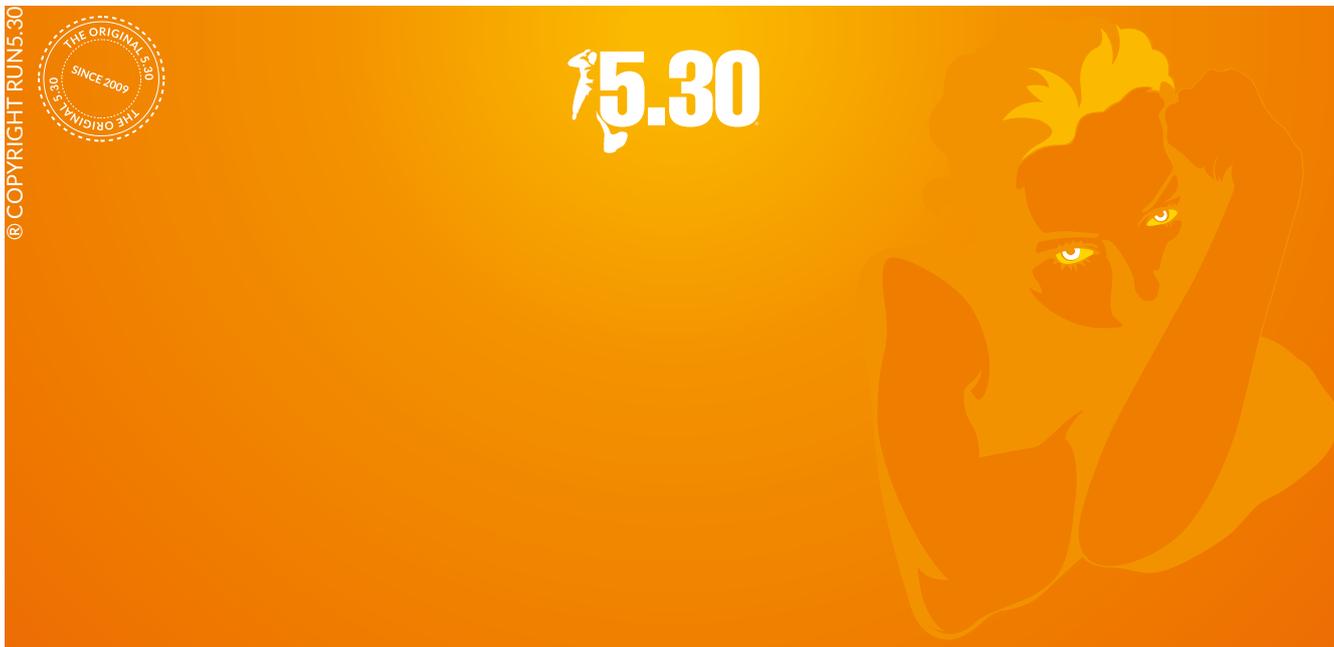
PREMISE

Food and movement: the most precious allies of our days and our lives.

The days goes by, do you plan to move more but then you never find the time?

This handbook will serve you to make your days more active, 10 ways to be able to include beautiful walks in your day or, simply, add steps and movement while doing something else.





- 1) In the morning, get up half an hour earlier and take a 20-30 minute walk.
- 2) In the afternoon, after studying, “review aloud walking” in your room, or in the courtyard or in the park.
- 3) Walk to school - 2/3km of walking - is the perfect way to start the day.
- 4) If you take the bus in the morning, get off one or two stops before, then walk to school.
- 5) Do you only have one hour between morning and afternoon lessons?
Have lunch regularly, then walking for 20/30 minutes near the school.
- 6) Endless afternoon to devote to study?
Every 45 minutes take a break walking in the room... in 4 hours of study you will have accumulated about 25 minutes of movement! You are active too, despite the afternoon sucking on the books!
- 7) Do you have a dog to look after?
During his walk don't just observe him but walk with him.
- 8) When you go out with friends, invite them for a good brisk walk, then you can go for your leisure activities.
- 9) Does your friend, on the phone, never let go of you?
You walk while you talk on the phone, or as the Americans say, “Walk your talk”.
Walking while you talk on the phone can be fun and definitely healthy.
- 10) Get used to interrupting your usual sedentary activities every 45 minutes with a few minutes of walking.

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