

# Premier Active Families - Activity Tracker.



Print this out and log your hours for the month in the boxes below...

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

Adults are recommended to do at least 1.5 hours of physical activity each week  
Children are recommended to do at least 7 hours of physical activity each week

Number of adults

Number of children

Monthly target

Monthly total

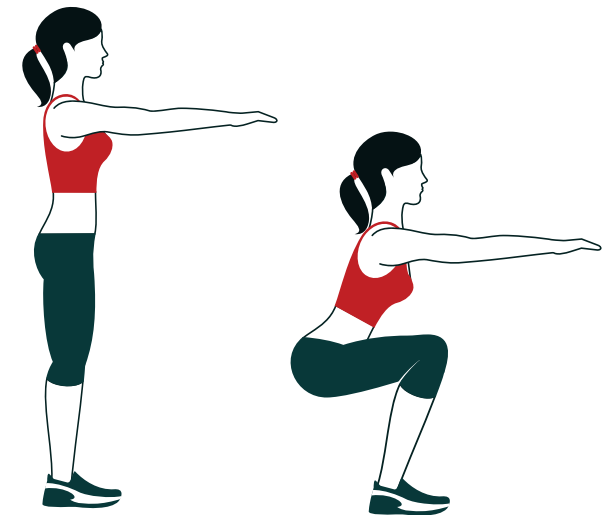
Upload a picture of this completed chart to [@PremierActivate](#) for your chance to **WIN** 2 free days on a holiday course! [#PremierActivate](#)

# Premier Active Families - 7 Step Shape Ups.

7 exercises of varying levels of difficulty. Choose one to try each each day or complete them all if you're an extra energetic family!

## Exercise 1 - Squats

Low Intensity	Moderate Intensity	High Intensity
<ul style="list-style-type: none"><li>• Head up, shoulders back, chest proud</li><li>• Gap between chest and chin</li><li>• Top end, small movement 1:1</li><li>• Count down 1 and up 1</li><li>• Weight on heels, toes relaxed</li><li>• Feet shoulder width apart, toes pointing slightly out</li><li>• Hands relaxed</li></ul>	<ul style="list-style-type: none"><li>• Head up, shoulders back, chest proud</li><li>• Gap between chest and chin</li><li>• Middle range of movement 2:2</li><li>• Count down in 2 and up in 2. No beginning and end, smooth down and smooth up</li><li>• Weight on heels, toes relaxed</li><li>• Feet shoulder width apart, toes pointing slightly out</li><li>• Hands at side of head</li></ul>	<ul style="list-style-type: none"><li>• Head up, shoulders back, chest proud</li><li>• Gap between chest and chin</li><li>• Full range of movement 3:1</li><li>• Count down in 3 and up in 1. Slow down, fast up</li><li>• Weight on heels, toes relaxed</li><li>• Feet shoulder width apart, toes pointing slightly out</li><li>• Hands above head</li></ul>

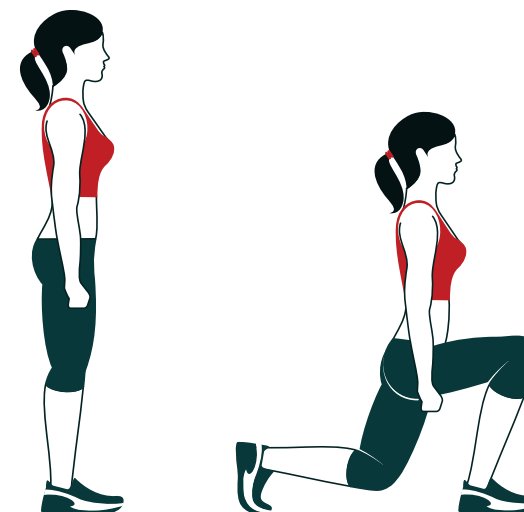


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## Exercise 2 - Lunges

Low Intensity	Moderate Intensity	High Intensity
<ul style="list-style-type: none"><li>• Head up, shoulders back, chest proud</li><li>• Gap between chest and chin</li><li>• Arms relaxed by your side</li><li>• Shortened step forward</li><li>• Drop back knee</li><li>• Emphasis and weight placed on front heel and back toes</li><li>• Weight passes down through the hips, not forward of the front ankle. Front knee must not move forward of the ankle</li></ul>	<ul style="list-style-type: none"><li>• Head up, shoulders back, chest proud</li><li>• Gap between chest and chin</li><li>• Arms straight and out at the side</li><li>• Long step forward</li><li>• Dropping back knee deeper</li><li>• Emphasis and weight placed on front heel and back toes</li><li>• Weight passes down through the hips, not forward of the front ankle. Front knee must not move forward of the ankle</li></ul>	<ul style="list-style-type: none"><li>• Head up, shoulders back, chest proud</li><li>• Gap between chest and chin</li><li>• Arms high above your head</li><li>• Big long step forward, imagine stepping over a puddle</li><li>• Drop back knee almost to the ground</li><li>• Emphasis and weight placed on front heel and back toes</li><li>• Weight passes down through the hips, not forward of the front ankle. Front knee must not move forward of the ankle</li></ul>



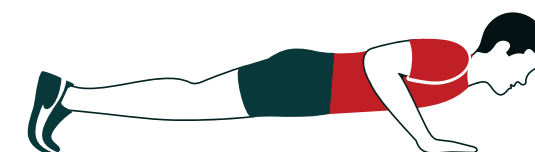
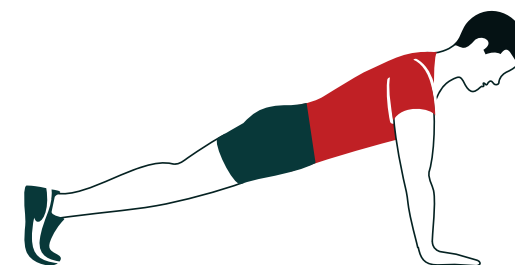
# Premier Active Families - 7 Step Shape Ups.



7 exercises of varying levels of difficulty. Choose one to try each each day or complete them all if you're an extra energetic family!

## Exercise 3 - Push Ups

Low Intensity	Moderate Intensity	High Intensity
<ul style="list-style-type: none"> <li>• Start on knees, hips forward of knees</li> <li>• Shoulders, hips and knees in one straight line</li> <li>• Gap between chest and chin</li> <li>• Shoulders directly over elbows</li> <li>• Elbows directly over wrists</li> <li>• Arms locked out</li> <li>• Belly button pulled in towards spine</li> <li>• Butt cheeks pinned together</li> <li>• Knees pinned together</li> <li>• Lower chest down to the floor (this is the starting point)</li> <li>• 1 rep is up from the floor and back down</li> </ul>	<ul style="list-style-type: none"> <li>• Start on one knee, hips forward of knees</li> <li>• Shoulders, hips, knees and toes in one straight line</li> <li>• Gap between chest and chin</li> <li>• Shoulders directly over elbows</li> <li>• Elbows directly over wrists</li> <li>• Arms locked out</li> <li>• Belly button pulled in towards spine</li> <li>• Butt cheeks pinned together</li> <li>• Knees pinned together</li> <li>• Lower chest close to the ground and return to start position</li> </ul>	<ul style="list-style-type: none"> <li>• Both knees off the ground. Legs long</li> <li>• Shoulders, hips, knees and toes in one straight line</li> <li>• Gap between chest and chin</li> <li>• Shoulders directly over elbows</li> <li>• Elbows directly over wrists</li> <li>• Arms locked out</li> <li>• Belly button pulled in towards spine</li> <li>• Butt cheeks pinned together</li> <li>• Knees pinned together</li> <li>• Ankles pinned together</li> <li>• lower whole body close to the ground and return to starting position</li> </ul>

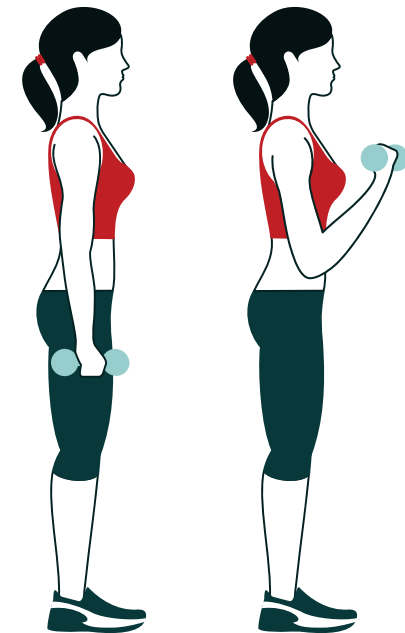


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## Exercise 4 - Bicep Curls

Low Intensity	Moderate Intensity	High Intensity
<ul style="list-style-type: none"><li>• Standing tall, feet shoulder width apart, head up, shoulders back, chest proud, gap between chin and chest</li><li>• Hold a light weight in front of you with extended arms</li><li>• Soft bend at the knees</li><li>• Raise the weight up to and inline with the face</li><li>• Lower and repeat</li></ul>	<ul style="list-style-type: none"><li>• Standing tall, feet shoulder width apart, head up, shoulders back, chest proud, gap between chin and chest</li><li>• Hold a light weight in front of you with extended arms</li><li>• Stronger bend at the knees, half squat position</li><li>• Raise the weight up to and inline with the face</li><li>• Lower and repeat</li></ul>	<ul style="list-style-type: none"><li>• Standing tall, feet shoulder width apart, head up, shoulders back, chest proud, gap between chin and chest</li><li>• Hold a light weight in front of you with extended arms</li><li>• Stronger bend at the knees, half squat position</li><li>• Squeeze elbows in to the hip area, focusing more on the biceps in the up phase of the curl</li><li>• Raise the weight up to and inline with the face</li><li>• Lower and repeat</li></ul>

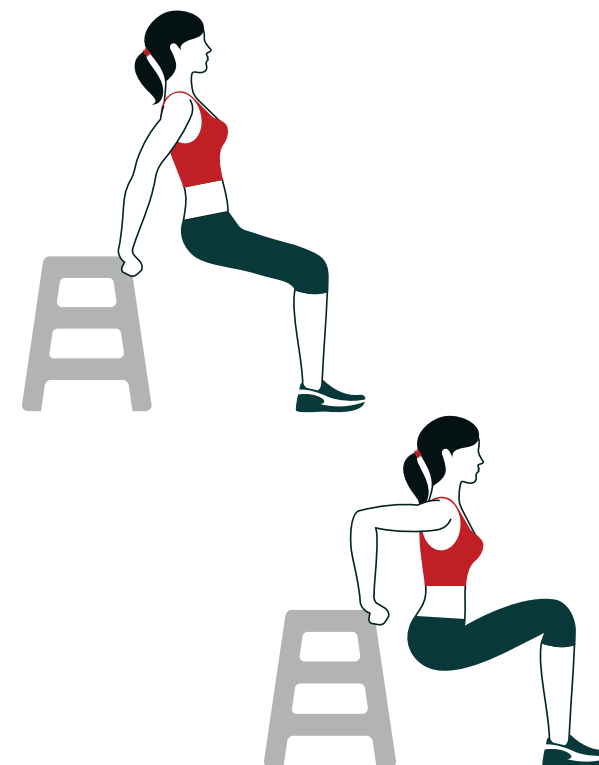


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## Exercise 5 - Tricep Dips

Low Intensity	Moderate Intensity	High Intensity
<ul style="list-style-type: none"><li>• Sitting on the edge of a chair, knees at 90°</li><li>• Tall body position, head up, shoulders back, chest proud, gap between chin and chest</li><li>• Feet flat on the floor, weight on the heels. Hands flat on the edge of the chair, gripping the chair edge</li><li>• Arms extended</li><li>• Slide hips forward remain close to the chair edge but not touching</li><li>• Squeezing elbows together, lower body straight down towards the ground, movement/bending only at the elbow, not the shoulders</li><li>• Return to the top, arms extended, not touching the chair with the hips (no rest)</li></ul>	<ul style="list-style-type: none"><li>• Sitting on the edge of a chair, knees at 90°</li><li>• Tall body position, head up, shoulders back, chest proud, gap between chin and chest</li><li>• Feet flat on the floor, weight on the heels. Step the feet further away from the chair, squeezing knees together.</li><li>• Hands flat on the edge of the chair, gripping the chair edge. Arms extended</li><li>• Slide hips forward remain close to the chair edge but not touching.</li><li>• Squeezing elbows together, lower body straight down towards the ground, movement/bending only at the elbow, not the shoulders</li><li>• Return to the top, arms extended, not touching the chair with the hips (no rest)</li></ul>	<ul style="list-style-type: none"><li>• Sitting on the edge of a chair, knees at 90°</li><li>• Tall body position, head up, shoulders back, chest proud, gap between chin and chest</li><li>• Feet flat on the floor, weight on the heels. Step the feet further away again (option for full leg extension) from the chair, squeezing knees together</li><li>• Hands flat on the edge of the chair, gripping the chair edge. Arms extended</li><li>• Slide hips forward remain close to the chair edge but not touching.</li><li>• Squeezing elbows together, lower body straight down towards the ground, movement/bending only at the elbow, not the shoulders</li><li>• Return to the top, arms extended, not touching the chair with the hips (no rest)</li></ul>



# Premier Active Families - 7 Step Shape Ups.



7 exercises of varying levels of difficulty. Choose one to try each each day or complete them all if you're an extra energetic family!

## Exercise 6 - Sit Ups

Low Intensity	Moderate Intensity	High Intensity
<ul style="list-style-type: none"><li>• Laying flat on your back, legs straight</li><li>• Arms straight out flat above head</li><li>• Place one straight arm down by your side, palm flat. (This is going to be an assisting point of contact with the floor)</li><li>• With the other arm out, straight, sit up, keep arm long, reach over and touch or attempt to touch toes, return to start position</li><li>• Switch arm position and repeat</li><li>• Alternate arm position</li></ul>	<ul style="list-style-type: none"><li>• Laying flat on your back, legs straight</li><li>• Arms straight out flat above head</li><li>• With the both arms out straight, sit up, keep arms long, reach over and touch or attempt to touch toes, return to start position</li></ul>	<ul style="list-style-type: none"><li>• Laying flat on your back, legs straight</li><li>• Arms straight out flat above head</li><li>• With the both arms out straight, sit up, keep arms long, reach over towards toes</li><li>• At the same time raise one straight leg to meet arms</li><li>• Return to start position</li><li>• Repeat with alternating leg raises</li></ul>

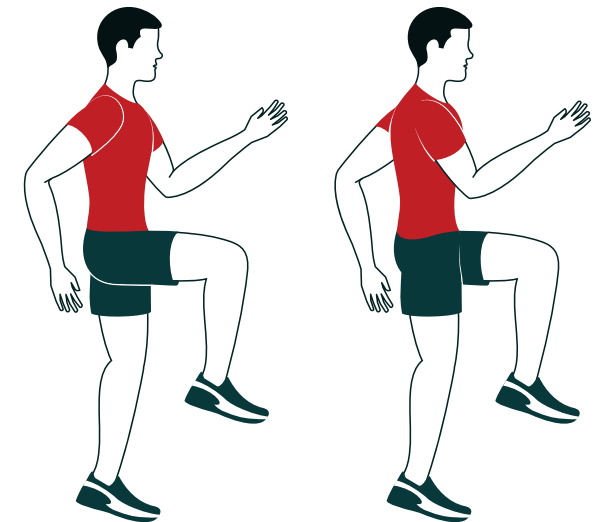


# Premier Active Families - 7 Step Shape Ups.

7 exercises of varying levels of difficulty. Choose one to try each each day or complete them all if you're an extra energetic family!

## Exercise 7 - Jog / Run / Sprint

Low Intensity	Moderate Intensity	High Intensity
<ul style="list-style-type: none"><li>• Head up, shoulders back, chest proud</li><li>• Long spine/tall body position</li><li>• Arms working with legs</li><li>• 10 seconds jog</li><li>• 10 seconds run</li><li>• 10 seconds sprint</li></ul>	<ul style="list-style-type: none"><li>• Head up, shoulders back, chest proud</li><li>• Long spine/tall body position</li><li>• Arms working with legs</li><li>• 10 seconds run</li><li>• 20 seconds sprint</li></ul>	<ul style="list-style-type: none"><li>• Head up, shoulders back, chest proud</li><li>• Long spine/tall body position</li><li>• Arms working with legs</li><li>• 30 seconds sprint</li></ul>





# Premier Active Families - Hydration Tracker.



Staying hydrated helps your body to maintain its temperature, remove waste, combat tiredness, and much more. This hydration tracker can help your family to stay on top of your water intake - log how many glasses each family member has consumed each day - you can even think of a reward for the person who's most hydrated!

<b>Week 1</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 2</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 3</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 4</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

## Daily recommendations...

 5-8 year olds - 5 glasses (1 litre)

 9-12 year olds - 7 glasses (1.5 litres)

 13+ years - 8 glasses (2 litres)

 Adults - 8 glasses (2 litres)

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# Premier Active Families - Sleep Tracker.



Is your family getting enough sleep? Sleep is essential for your body to repair and restore itself; giving you energy for the day ahead! Use our Sleep Tracker to help make sure your family are getting their 40 winks...

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

## Recommended sleep...

Newborns (0-3 months): 14-17 hours

Toddlers (1-2 years): 11-14 hours

Children (6-13): 9-11 hours

Adults (18-64): 7-9 hours

Infants (4-11 months): 12-15 hours

Preschoolers (3-5): 10-13 hours

Teenagers (14-17): 8-10 hours

Older Adults (65+): 7-8 hours

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# Premier Active Families - Healthy Meal Planner.



Week 1 - Your journey starts here...

	Breakfast	Lunch	Dinner	Snacks
Monday	Poached egg on wholemeal toast. Drink - fresh juice.	Pesto pasta with spinach and pine nuts with side salad.	Chicken burritos with corn on the cob.	Piece of fruit. Low fat yoghurt.
Tuesday	2 x Weetabix with semi-skimmed milk. Drink - fresh juice.	Homemade butternut squash soup with a wholemeal roll.	Cottage pie with mince and red lentils with vegetables.	Handful of nuts. Piece of fruit.
Wednesday	Green smoothie. Drink - hot water.	Low fat cream cheese, avocado and cherry tomatoes on toast.	Tuna and sweetcorn pasta bake with salad or vegetables.	Plain popcorn. Handful of dried fruit.
Thursday	Peanut butter on toast and a banana. Drink - fresh juice.	Small jacket potato with smoked mackerel pate and salad sticks.	Mixed bean chilli and rice with tortilla chips.	Fruit smoothie. 2 x oatcakes with low fat cream cheese.
Friday	2 x Weetabix with semi-skimmed milk. Drink - fresh juice.	Scrambled egg with bacon or mushrooms on toast. Piece of fruit.	Salmon with sliced potato bake and green vegetables.	Veg crudities with homous dip. Crumpet with marmite.

# Premier Active Families - Healthy Meal Planner.



Week 2 - You're on track to a healthier you...

	Breakfast	Lunch	Dinner	Snacks
Monday	Poached egg on wholemeal toast. Drink - fresh juice.	Small jacket potato with mixed bean chilli and grated cheese.	Butternut squash and chickpea curry with rice.	Piece of fruit. Low fat yoghurt.
Tuesday	2 x Weetabix with semi-skimmed milk. Drink - fresh juice.	Homemade spicy parsnip soup with a wholemeal roll.	Salmon and leek pasta with side salad.	Handful of nuts. Piece of fruit.
Wednesday	Green smoothie. Drink - hot water.	Spanish omelette with salad sticks.	Slow cooked beef with mashed potato.	Plain popcorn. Handful of dried fruit.
Thursday	2 x Weetabix with semi-skimmed milk. Drink - fresh juice.	Tuna melt on wholemeal roll with salad.	Spinach and ricotta cannelloni with garlic bread.	Fruit smoothie. 2 x oatcakes with low fat cream cheese.
Friday	Chopped fruit, bio yoghurt and granola. Drink - fresh juice.	Prawn and avocado sandwich on a wholemeal roll.	Fishcakes with sweet potato wedges and peas.	Veg crudities with homous dip. Crumpet with marmite.

# Premier Active Families - Healthy Meal Planner.



Week 3 - You're nearly there...

	Breakfast	Lunch	Dinner	Snacks
Monday	Scrambled egg on wholemeal toast. Drink - fresh juice.	Small jacket potato with coronation chicken and salad.	Sausage and bean casserole with mashed potato.	Piece of fruit Low fat yoghurt.
Tuesday	Bowl of porridge with chopped fruit. Drink - fresh juice.	Homemade tomato and lentil soup with a wholemeal roll.	Chicken and cashew nut stir fry with noodles.	2 x rice cakes. Piece of fruit.
Wednesday	Green smoothie. Drink - hot water.	Feta cheese and beetroot cous cous salad with a seeded roll.	Slow cooked lamb tagine with cous cous.	Plain popcorn. Handful of dried fruit.
Thursday	Bowl of porridge with chopped fruit. Drink - fresh juice.	Greek pasta salad with veg crudities.	Mushroom stroganoff with rice.	Fruit smoothie. 2 x oatcakes with low fat cream cheese.
Friday	Banana and blueberry pancakes with bio yoghurt. Drink - fresh juice.	Avocado, bacon and tomato toastie.	Fish pie with mixed vegetables.	Veg crudities with homous dip. Crumpet with marmite.

# Premier Active Families - Healthy Meal Planner.



Week 4 - Healthy, happy you...

	Breakfast	Lunch	Dinner	Snacks
Monday	Scrambled egg on wholemeal toast. Drink - fresh juice.	Chicken and avocado wrap.	Bubble and squeak patties.	Piece of fruit Low fat yoghurt.
Tuesday	Bowl of porridge with chopped fruit. Drink - fresh juice.	Sundried tomato and olive pasta with side salad.	Pulled pork wraps with homemade coleslaw and corn on the cob.	2 x rice cakes. Piece of fruit.
Wednesday	Green smoothie. Drink - hot water.	Smoked mackerel pâté on toast with mango chutney.	Chorizo and veg frittata with sweet potato wedges and salad.	Plain popcorn. Handful of dried fruit.
Thursday	Bowl of porridge with chopped fruit. Drink - fresh juice.	Grilled halloumi and roasted vegetable wrap.	Chicken and broccoli bake with rice.	Fruit smoothie. 2 x oatcakes with low fat cream cheese.
Friday	Chopped fruit, bio yoghurt and granola. Drink - fresh juice.	Small jacket potato with beans and cheese.	Seafood paella.	Veg crudities with homous dip. Crumpet with marmite.