

Jog into January

Here are some thoughts to help us get through the month of January:

thoughts to help us get

Motivational Monday, move in any way possible

Involve others on Tuesday

Notice something special on Wednesday

Do things that make you happy on Thursday

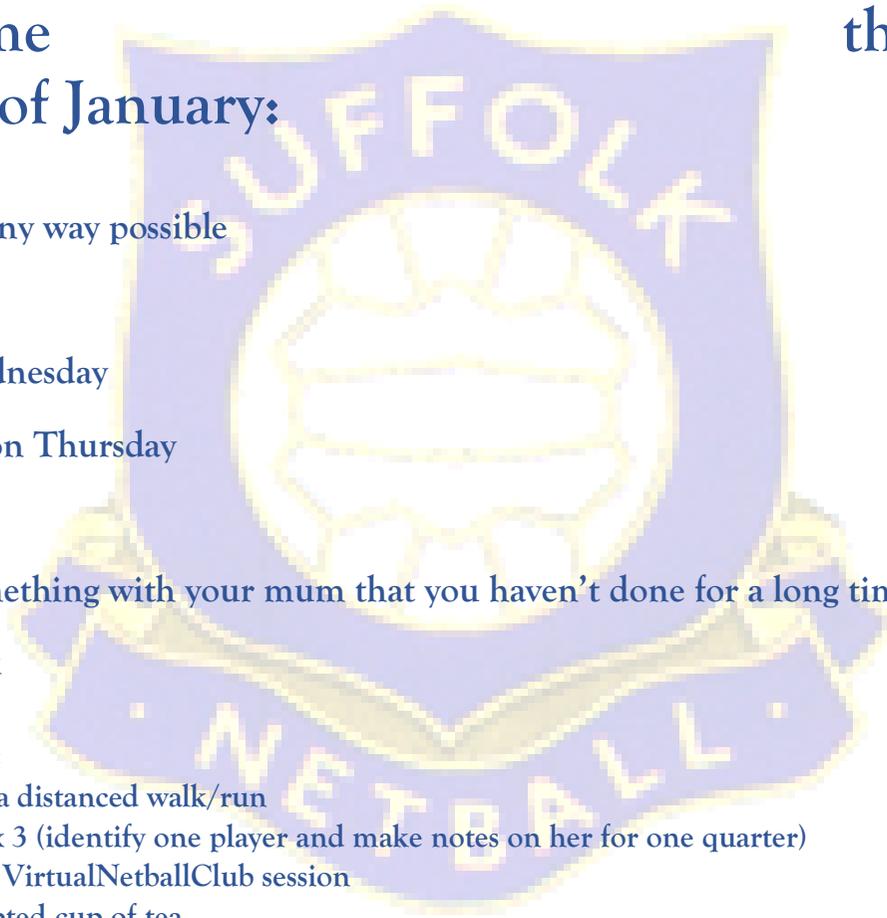
Fun on Friday

Unwind on Saturday and do something with your mum that you haven't done for a long time

Lie-in on Sunday and read a book

Here are some suggestions for you:

- Meet a netball friend and go for a distanced walk/run
- Watch England v Jamaica game x 3 (identify one player and make notes on her for one quarter)
- Take part in an England Netball VirtualNetballClub session
- Sit down and have an uninterrupted cup of tea
- Take part in a home workout session
- Put on your netball dress and take a selfie
- Text or email a netball friend and check they are ok
- How many push ups on a netball can you do without losing your perfect form?
- Try out Sasha Corbin's ball handling skills (https://www.youtube.com/channel/UCtkLCIbDu7_NxV6JNkpls9w)



JANUARY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 th	5 th	6 th	7 th	8 th	9 th	10 th
11 th	12 th	13 th	14 th Wish Heidi Happy Birthday!	15 th	16 th	17 th
18 th	19 th	20 th	21 st	22 nd	23 rd	24 th
25 th	26 th	27 th	28 th	29 th	30 th	31 st

Keep a record of what you do and let us see your calendars at the end of the month.
If you take any photos of what you get up to, post them on the Suffolk Facebook, Instagram page or Twitter feed.