



3rd Practical exercise

Healthy Life with daily works at home

1. Introduction: To encourage the family members to exercise together in the house by making daily works at home.
2. Target group: All individuals in the family
3. Key Words: Exercise, regular calorie consumption
4. Purpose of the practical exercise: It is ensured to do exercise who have no time to do exercise.
5. Specific reason why this practical exercise has been developed: Burning Calories, Strengthening muscles and bones, gain awareness of responsibility
6. Materials: Broom, iron, dust blanket used in household cleaning.
7. Description & Instruction:
 - Step 1: Sweeping the house, sweeping the whole house with the classic broom
 - Step 2: Ironing, making all the ironies stored weekly
 - Step 3: To take dust, to take the dust of all the furniture in the house
 - Step 4: Dishwashing, placing all dishes in the machine

Tips to make these activities funnier;

 - put on some music or sing a song all together
 - play as a team wearing funny costumes
 - make a quick job of raising children

Taking responsibility by all family members is essential in this activity. Go out to eat together later, organize a healthy dinner outside
8. Results of the practical Exercise: All home work done as a result of regular calorie expenditure, all family members take responsibility.
9. Queries & Considerations: Regular housekeeping and regular exercise of all family members.
10. Conclusion: Regular exercise seems to protect both the body against chronic diseases and to support the individuals in the treatment process.