

Be physically active in everyday life.
Limit the time you spend sitting.

says the European Code Against Cancer (cancercode.eu). During busy days in the office or at home, how often do we find the time to stretch or be active? How much exercise can we fit in the time it takes for the kettle to boil? The SCPN has developed a set of 13 simple kettlecises to keep you healthy and active throughout the day - and have a bit of fun while you're at it!

3

Kettleside Calf Raises



With your feet flat on the floor and shoulder-width apart, move up to your tiptoes over 2 secs, then move your feet back down flat over 2 secs. Repeat...



3

4

Kettlunge



Start with your feet together. Step forward with your left leg and bend it to 90°. Push back to the starting position and repeat with the opposite leg. Repeat...



4

5

Kettle-ups



Stand facing the counter at arm's length. Lean forward on to the counter. Bend your arms 90°, then push off it to straighten your arms again. Repeat...



5

6

One-Legged Kettlesquats



Place your hand on the counter to your side. Slightly raise the leg closest to it in front of you, as you balance on the other leg. Squat down slightly, then push your leg straight. Turn 180°, and repeat on the other leg. Repeat...



6

7

Kettlejogging



Jog on the spot until the kettle boils!



7

8

Kettlestars



Stand with a metre at either side. Jump slightly while you stretch your arms and legs apart, then jump again to return hands and feet to start position. Repeat...



8

9

Kettleside Wall Squats



Stand with your back against a wall. Squat down until your knees are at 90°, and hold for as long as possible. Repeat until the kettle's boiled!



9

10

Kettleside Leg Raises



Stand holding the counter with your feet together. Lift one leg out to the side with your back straight. Hold for 1 sec, return to starting position and repeat with the other leg. Repeat...



10

J

Kettleside Knee Curls



Stand holding the counter. Lift one leg behind you, bending your foot towards your buttocks. Hold for one sec, then lower to starting position. Repeat on the other leg. Repeat...



J

Q

Kettleside Torso Turns



Place your hands behind your head and point your elbows to the side. Rotate your upper body to the side, and hold for 5-10 secs. Repeat on the other side. Repeat...



Q

K

Kettleside Cow Face



Reach your left arm over your shoulder, left hand over your right shoulder blade, right arm behind your back. Try to grab your hands together. Repeat on both sides...



K

SCPN 

kettlecise

Keep your body moving while the kettle boils!

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