

Exercise – 75 for 75

Background:

Women applying for the G.I.S were expected to achieve and maintain a high level of fitness, since many of the tasks required of them were physically demanding and their days were often very long. Whilst they did not have to be athletes, a high level of stamina was key.

Time Taken to Complete:

This depends on your fitness level and how complicated you have made the task for yourself! 30 minutes of exercise is a good starting point.

Equipment Required:

- 75 small items such as buttons
- 2 containers big enough to hold all your items
- A sensible pair of shoes, such as trainers
- A stopwatch to time yourself (if you wish)

Safety Precautions:

- **Watch Out for Trip Hazards!** Make sure you are working in a clear area, without things to trip over. Checking that laces are properly tied before starting is also a good idea. Having a first aid kit with plasters in the house is always sensible.

Suggested Activities:

Gather together 75 small items and count them into a container. Place these in one location. Take a second empty container and place this a reasonable distance from the first. Take the items one at a time from the first container and place them in the second. An ideal place to do this would be walking up and down the stairs. Alternatively, you could travel from one end of your garden to the other or visit every room in your house between each item. You could even give yourself a routine of easy moves (such as touching your toes, star jumps, sitting on the floor and standing up again) between moving each piece. Remember to challenge yourself!

Challenge Yourself:

To build up fitness, you may like to repeat this test across two or three days, timing yourself each time to see if you get quicker. Alternatively, you could try making each set harder, such as adding a star jump or making the distance between containers further away.