GROWN UPS

move STOCKPORT

30-Day Movement Challenge

SCAN HERE TO LEARN MORE

Join our free 30-day movement challenge to build healthy habits through simple, everyday movement. Walk, dance, stretch, cycle, whatever floats your boat.

MON	TUE	WED	THURS	FRI	SAT	SUN
Time to start moving! 1	2	3	4	5	Go for a swim 6	7
8	30 minute walk 9	10	Can you walk instead of drive today? 11	12	13	14
15	16	17	18	19	Take 5 minutes to stretch your legs 20	21
Try a group class or online workout 22	23	24	Stretch while the kettle boils 25	26	27	28
29	30	FINISH!				

You did it! Are you more energised? Having better sleep? Feeling happier? Tag us on socials using #everymovecounts and let us know what moving for 30 minutes has done for you.

lifeleisure

EVERY move COUNTS