

MONDAY
9 MARCH – FRIDAY
13 MARCH 2020

10 things to do this SPORT RELIEF public



1
Walk or Cycle
to work



2
MDC Couch to
5k programme



3
Register for a free gym
pass at Places Leisure



4
Run park run



5
Exercise at a
green gym



6
Join a sports club



7
Walk the daily
mile



8
Walk with a
walking group



9
Lose weight with
ACE weight
management



10
Walk your dog

To donate to Sport Relief for Get Maldon Moving, please visit www.justgiving.com/fundraising/getmaldonmoving

For more ideas about health and wellbeing projects in the Maldon District, please visit www.essexmap.co.uk or contact livewell.linkwell@nhs.net

 @MaldonDistrictCouncil
@PlacesLeisure @Livewell

 #GetMaldonMoving #SportRelief2020

For more information, please visit
www.maldon.gov.uk/getmaldonmoving

