

MONDAY  
9 MARCH – FRIDAY  
13 MARCH 2020

# 11 things to do this SPORT RELIEF nurseries



1  
walk or cycle to  
nursery club



2  
Chat about the  
benefits of exercise



3  
Register for free family  
gym passes at Places  
Leisure



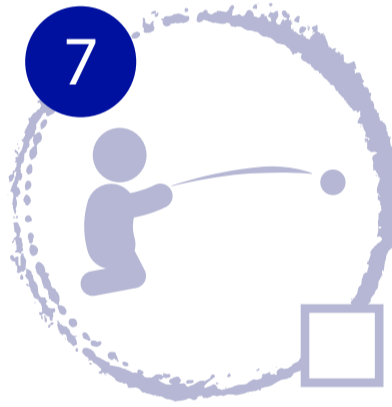
4  
Running races



5  
Walk the daily  
mile



6  
Obstacle courses



7  
Throwing games



8  
Hopscotch



9  
Singing and  
dancing



10  
Fly a kite



11  
Skipping

To donate to Sport Relief for Get Maldon Moving, please visit [www.justgiving.com/fundraising/getmaldonmoving](http://www.justgiving.com/fundraising/getmaldonmoving)

For more ideas about health and wellbeing projects in the Maldon District, please visit [www.essexmap.co.uk](http://www.essexmap.co.uk) or contact [livewell.linkwell@nhs.net](mailto:livewell.linkwell@nhs.net)

 @MaldonDistrictCouncil  
@PlacesLeisure @Livewell

 #GetMaldonMoving #SportRelief2020

For more information, please visit  
[www.maldon.gov.uk/getmaldonmoving](http://www.maldon.gov.uk/getmaldonmoving)

