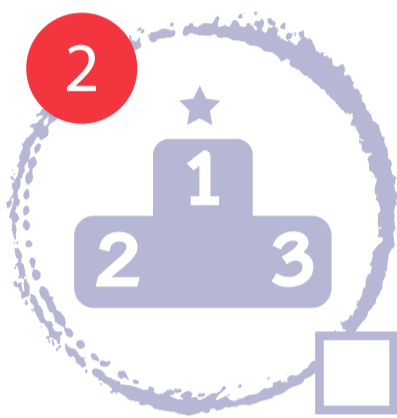


MONDAY
9 MARCH – FRIDAY
13 MARCH 2020

10 things to do this SPORT RELIEF workplaces



1 Sign up to a free group exercise class at Blackwater Leisure Centre



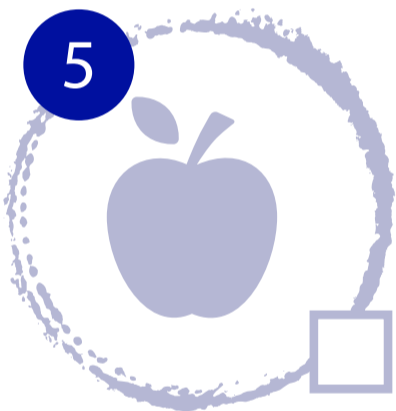
2 Launch a physical activity staff leader board



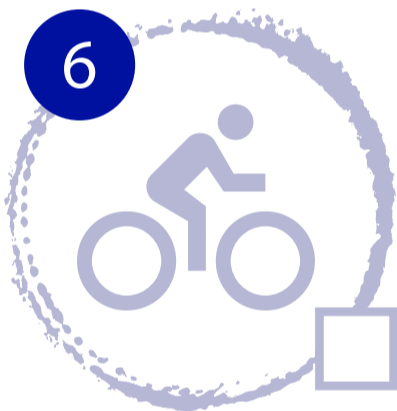
3 Walk the daily mile



4 Sign up for MDC couch to 5k programme



5 Register for the workplace health Working Well programme



6 Walk or Bike to work



7 Join a sport



8 Take the stairs



9 Register for a free gym pass at Places Leisure



10 Organise a lunchtime fitness activity by streaming a YouTube video

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

