

FEBRUARY 20 MILE CHALLENGE

Can you walk 20 miles in February?



**Win a £10 book voucher
for your family**

Complete 20 x 1 mile walks


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JOIN THE MOVEMENT



Can you walk one mile each day for at least 20 days in February? You could do this from home with your family or do a daily mile in the playground if you are going to school each day.

When you complete your stamp sheet, take a photo and send it to your teacher for a chance to win a £10 book voucher for your family!

The challenge begins on Monday 1st of February and runs until Sunday 28th of February. Walking 1 mile at a fast pace is about 20 minutes of your 1 hour daily recommended exercise. If walking is easy for you, why not try jogging or running a little bit further. Ask an adult to tag us in a photograph of your walk @SustransNI or #SustransNI.

Sustrans is the charity making it easier for people to walk and cycle.
We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute. Join us on our journey.

www.sustrans.org



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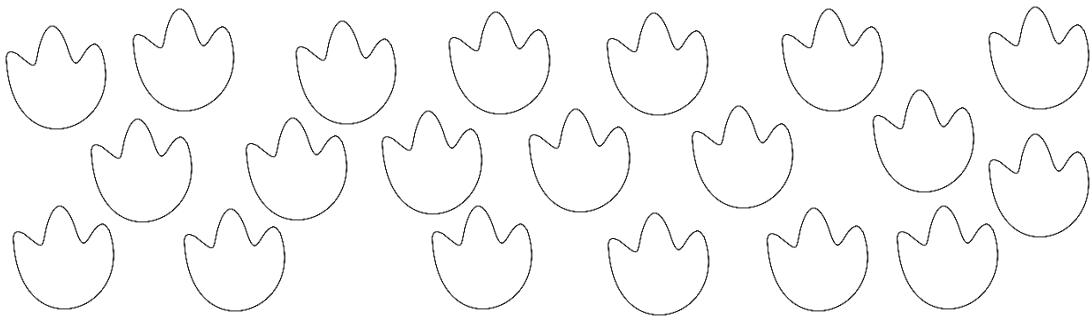
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Registered Charity No. 326550 (England and Wales) SC039263 (Scotland).



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Colour one paw print for each one mile walked, or make your own chart.



Name

Class