



**Join the  
Challenge!**

**Choose activities that  
work for you**

Outside . At home . With a Group  
Try something new

**Regular physical activity can...**



Improve cardiovascular health



Enhance mental wellbeing



Boost energy and sleep quality



Reduce disease risk



**All abilities | All ages | All activity levels**

**[WWW.30X30PHYSICALACTIVITYCHALLENGE.CO.UK](http://WWW.30X30PHYSICALACTIVITYCHALLENGE.CO.UK)**

SCAN HERE



**Get involved  
for free**



Canterbury



Whitstable



Herne Bay