



30X30

PHYSICAL ACTIVITY CHALLENGE

OCTOBER
2025

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

SCAN HERE



**Get involved
for free**



Canterbury



Whitstable



Herne Bay