

All abilities | All ages | All activity levels



**Did you know....?**  
**1 in 3 men and 1 in 2 women, don't do enough physical activity to maintain good health.**

## JOIN THE 30X30 CHALLENGE THIS OCTOBER

1

Visit the website and click 'Get Involved'.  
Kickstart your new habit of 30 minutes of activity, every day!



2

Choose any activity that works for you. At home, outside, or with a group?  
Check out a full list of activities on our website



3

Join your community, Record your progress. Keep going!



## Regular physical activity can...



Improve cardiovascular health



Enhance mental wellbeing



Boost energy and sleep quality



Reduce disease risk



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

SCAN HERE



**Get involved  
for free**



Canterbury



Whitstable



Herne Bay