A mile for me

Challenge yourself to move a mile each day this month for both your mental and physical wellbeing!

SCAN ME

Scan the QR code to find out more, learn some top tips and see if there are any organised walks or activities you'd like to join.

Visit inspiringhealthylifestyles.org or collect from Community House

Selby District AVS
involve • develop • support

Inspiring Healthy Lifestyles

Track your progress!

Whether you're walking, running, swimming (or more!), have you moved a mile each day?

Don't worry if not! Every extra effort will have a positive impact.

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 You can do this!	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16 Halfway there!	17	18
19	20	21	22	23	24	25
26	27 The final stretch!	28	29	30	31	

Take a snap & share it!

Share your photos with us for a chance to win 3 months **FREE** membership at Selby & Tadcaster Leisure centres!

Take a snap and share it using...

#AMILEFORME