

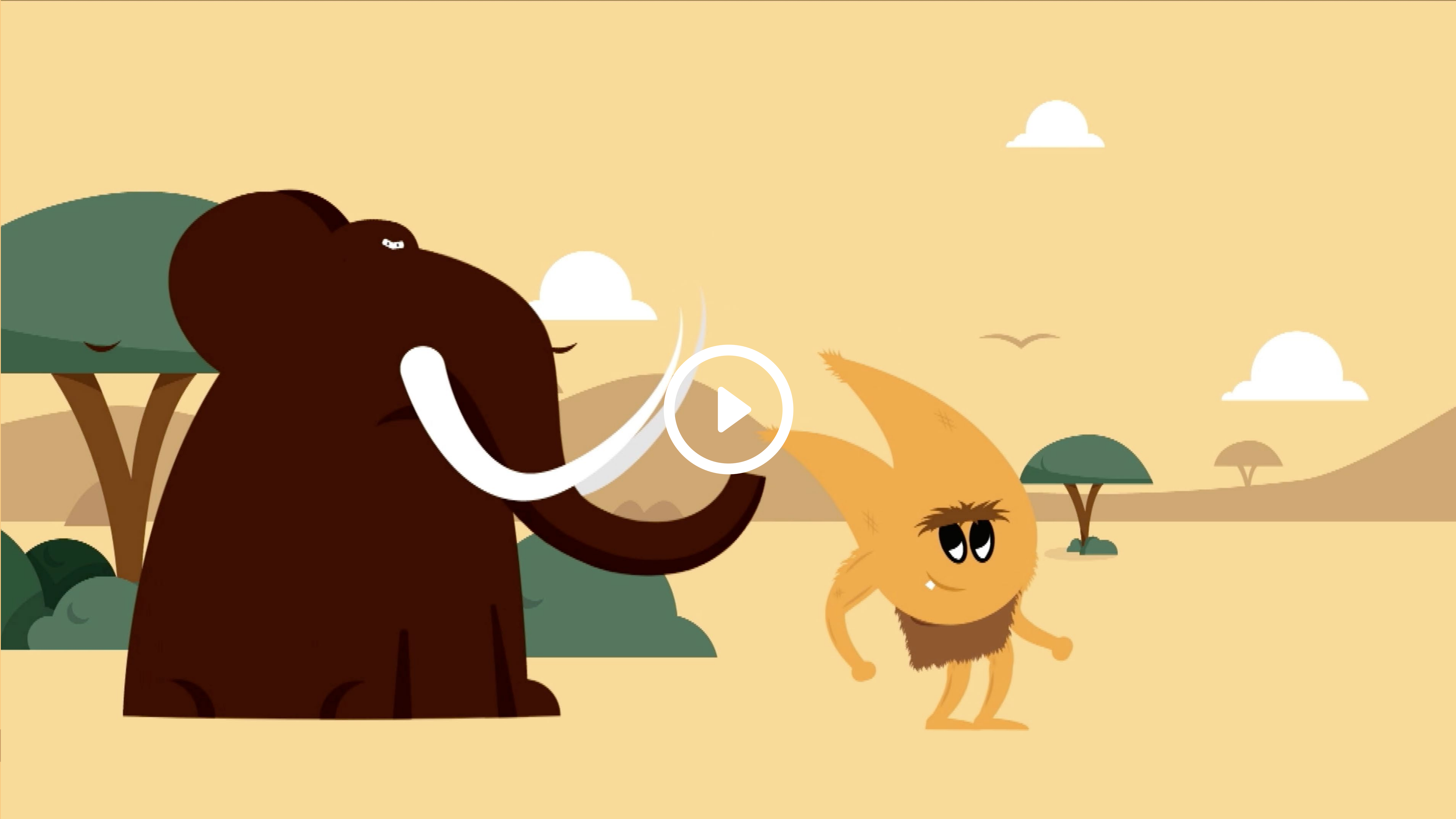
Mission: Movement

Ready, Steady, GO!

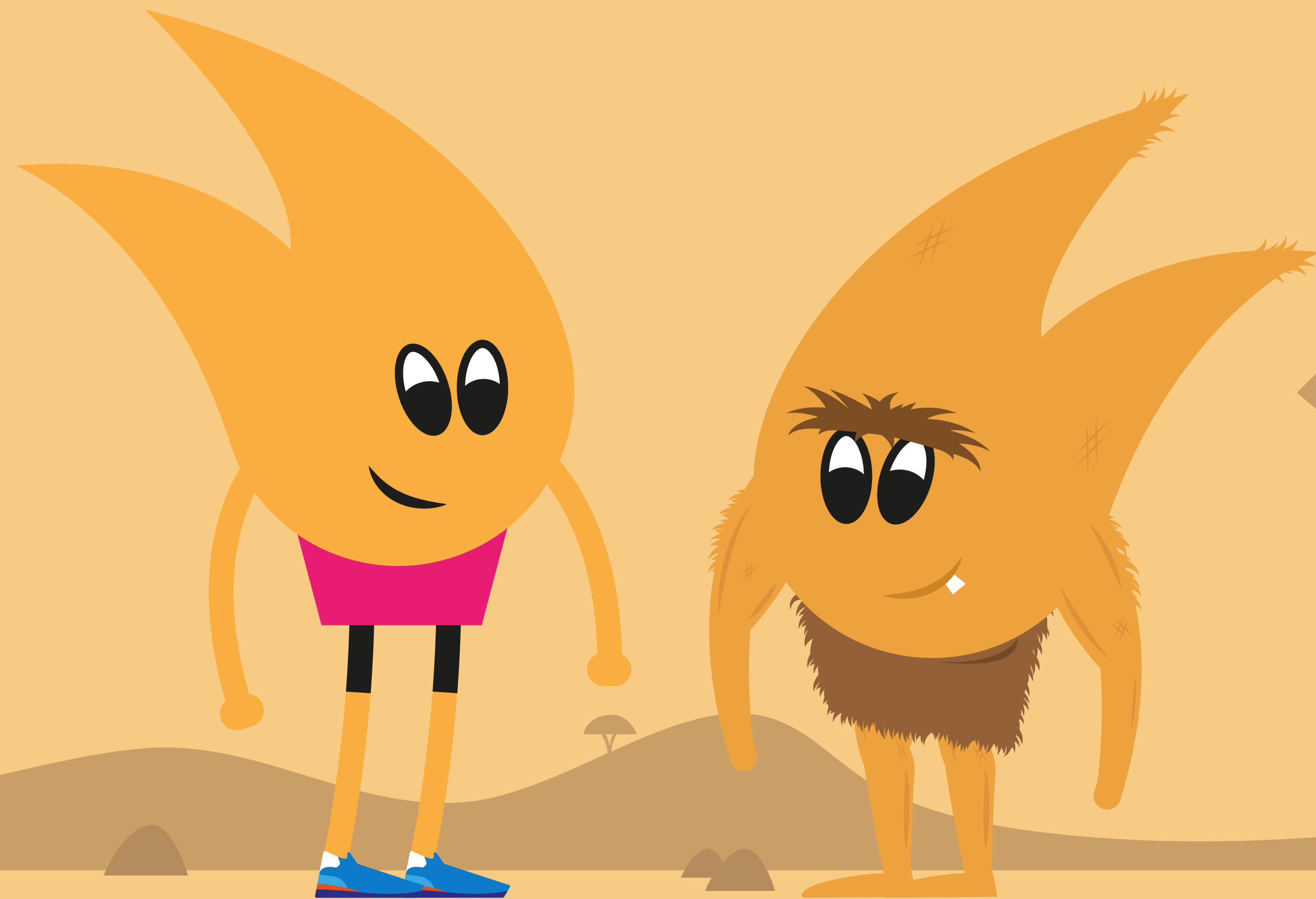
We are looking at how our lifestyles have changed over the years.

We will find out about why we need to move more and sit less.





The way we live has changed since we were cavemen.




We need to start moving more, sitting less and think about what we are eating and drinking.



What is
our first
Challenge?

Our mission is all about movement!



Why not have
a go at our fun running
activities? We will be moving
backwards, forwards and
sideways, without bumping
into each other!

*Are you up for the
challenge?*

Who is up for the challenge of being active every day?

You can record all your activity in your
MISSION TRACKER

We hope to get everybody moving more and sitting less by providing activities every day for you to take part in. Take a look at the activity card to get started!

