

## Lockdown Challenge for Young People and Families

We are encouraging young people to complete a **#walkingworkout** to benefit physical & mental health!

### Challenge 1: 10-day Consecutive Walk

For 10 consecutive days, participants must walk 5,000 steps, reaching 50,000+ over 10 days. Walks can be mapped through Strava, Map My Walk or a similar mapping app or submit an iPhone step count screenshot via Instagram or Facebook tagging @streetgamesuk during December for a chance to win a **£50 shopping voucher!**



Use the **#walkingworkout** and **#sporthelps** when posting