

Lockdown Challenge for Young People and Families

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

Challenge 2: London to Nottingham

London to Nottingham is 128 miles which is roughly 256,000 steps. Participants are challenged to walk from London to Nottingham in 30 days, this would need an average of 8,533 steps per day for 30 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 **£100 shopping voucher!**

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

