



Lockdown Challenge for Young People and Families

StreetGames appreciate how lockdown can affect young people and their families and are encouraging you to take part in a free and fun walking challenge. Walking is a fantastic way to keep active and healthy and almost anyone can take part. During the festive period, we are encouraging young people to complete a **#walkingworkout** to stay healthy physically and mentally!

We are offering some walking challenges for you to take part in throughout December, free of charge, with prizes attached to each challenge.

Challenge 1: 10-day Consecutive Walk

For 10 consecutive days participants are to walk a minimum of 5,000 steps, totalling 50,000+ over a 10-day period. Walks must be mapped through Strava, Map My Walk or another mapping app. Alternatively, if you have an Iphone you can screenshot your step count. Post this on Instagram or Facebook tagging @streetgamesuk during December to be entered into a prize draw for a chance to win a £50 shopping voucher. Use the **#walkingworkout** and **#sporthelps** when posting to ensure that your walks are instantly seen!

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 must be mapped through Strava, Map My Walk or another mapping app. Alternatively, if you have an Iphone you can screenshot your step count. Post this on Instagram or Facebook tagging @streetgamesuk during December to be entered into a prize draw for a chance to win a £100 shopping voucher! Use the **#walkingworkout** and **#sporthelps** when posting to ensure that your walks are instantly seen!

Challenge 3: Christmas Winter Walk

This challenge is for anyone brave enough to face the winter weather and complete a long-distance walk of their choice. Walks must be mapped through Strava, Map My Walk or another mapping app. Alternatively, if you have an Iphone you can take a screenshot of your step count. Post this on Instagram or Facebook tagging @streetgamesuk during December and anyone completing a walk of over 10 miles (16k) will be entered into a prize draw to win £100 shopping voucher! Use the **#walkingworkout** and **#sporthelps** when posting to ensure that your walks are instantly seen!