

Free pedometers  
Wadebridge Library  
13th September -  
10am-1pm

getactive  
**CHALLENGE**

[www.getactivecornwall.co.uk](http://www.getactivecornwall.co.uk)



# 2016 GET ACTIVE CHALLENGE

Being a bit more **ACTIVE**  
is **EASIER** than you think!

Get together with friends & colleagues,  
in teams of 3 and take your first steps  
towards a healthier, happier you

You set the pace and the Challenge  
will give you the support you need to  
make that change

Your new active lifestyle starts on:  
**Monday 19th September 2016**



Feel good in  
your body



Relieve life's  
stresses & strains

For more information & to register please visit:  
[getactivecornwall.co.uk/challenge](http://getactivecornwall.co.uk/challenge)

Email: [info@getactivecornwall.co.uk](mailto:info@getactivecornwall.co.uk)

Tel: 01872 323344

Twitter: @cornwallsportsp #2016GACChallenge

Facebook: [facebook.com/CornwallSportsPartnership](https://facebook.com/CornwallSportsPartnership)



Get Together | Get Out | Get Active