

YOUR 25 MILES DECEMBER CHALLENGE CALENDAR

WALK, JOG or RUN!

Physical activity and fresh air works miracles to our body and mind. Let's create those little miracles for ourselves: put a Christmas jumper on, get a hot flask of your favourite drink, and head out for a walk, jog or run!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

In partnership:

