

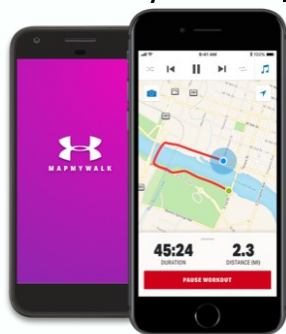


Walk for your well-being!

PRIZES UP FOR GRABS!!!



Walk for your wellbeing! The NGHS PE department invites you to our 'walk for your wellbeing'. A competition designed to give everyone the chance to win a prize and make it onto the *'Hall of fame!'*. During these tough times, keeping active and looking for positives each day is necessary to maintaining a healthy mindset. With this in mind, we encourage you to go outside, enjoy the fresh air and take some time for yourself. **We are holding 3 competitions:**



Furthest distance walked

Please track your walk and send in a photo of the route you walked and distance you travelled.

Winner gets an adidas water bottle!



The best photograph of something beautiful you saw

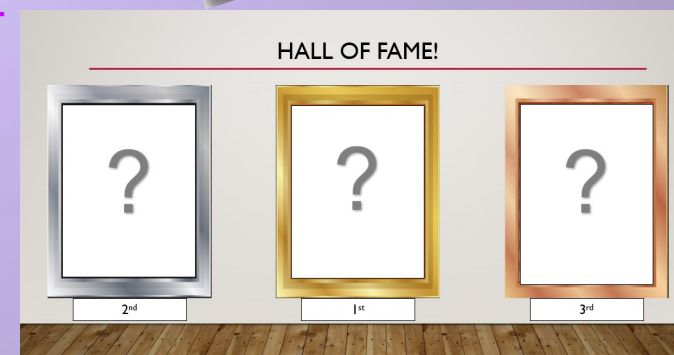
This could be landscape, flowers, animals, sculptures or statues. Whatever you found which you were happy you saw!

Winner gets a yoga mat!

The funniest fancy dress worn on a walk

This could be as small as an accessory like a headband or as big as a full costume!

Winner gets a £10 sports direct voucher!



Competition starts: 01/04/21

Entry closing date: 22/04/21

Please email: s.mccleary@nghs.org.uk for more