

ACTIVE APRIL











Take part in the challenge !



REGISTER NOW

Send photos of your group being active through April.

Email: activityhub@smh.ie to sign up and receive an activity calendar of movements you can do each day !

SMH Active		Active April					Week 1
NAME: _____		UNIT: _____					
MONDAY	TUESDAY	WEDNESDAY 1 ST APRIL	THURSDAY 2 ND APRIL	FRIDAY 3 RD APRIL	SATURDAY 4 TH APRIL	SUNDAY 5 TH APRIL	
		 SIT TO STAND	 MARCH ON THE SPOT	 BALANCE ON ONE LEG	 SALSA DANCING	 KNEE STRENGTH	
							

ONE4ALL VOUCHER FOR MOST ACTIVE GROUP!