



Make Every Movement Count

30-Day Challenge



We challenge you to complete our 30-day movement challenge for the month of October.



Check out our calendar full of activities & top tips to move more, on the Activity Hub.



We would like each unit to choose a Movement Motivator'
Their job is to make sure everyone is moving !



We want you to share pictures & videos of your group doing the challenges!
Send via Whatsapp to 087 721 8896.