



# ARE YOU FIT FOR 20/21?

**Challenge 1:** up to 20 minutes of continuous movement every day. *Walking the dog, riding your bike, it ALL counts !*

**Challenge 2:** over 21 minutes of continuous exercise everyday  
*Walking, running, cycling, skating...*

**LOG YOUR RESULTS TO RECORD HOW MANY MINUTES YOU CAN COMPLETE IN 2 WEEKS!**

**WHICH WILL YOU CHOOSE?**



**MID SUSSEX  
ACTIVE**