



'Be Active, Be Healthy' Family Challenge 2018-19

THE COMPETITION

We would like to invite your family to take part in our 'Be Active, Be Healthy, Family Challenge.

- We would like you to take part in physical activity as a family over the next few months and by recording the amount of family physical activity you do, you will race against other families to see who can travel round the body first.
- You will receive a poster of the body to record your progress which shows 52 blood cells around the body, the heart and the brain.
- Every time you complete half an hour of physical activity as a family, you achieve 1 blood cell and can mark these off until you have travelled round the body and covered all of the blood cells, the heart and brain.
- All families completing the race will receive an award and the top 3 families will receive extra prizes of sporting equipment and prizes from Life Leisure
- More details will be given on entry.

- 1st - family membership for a month (worth £75) + free week's holiday camp for the children + sporting equipment
- 2nd/ - free week's holiday camp for the children + sporting equipment
- 3rd - free week's holiday camp for the children + sporting equipment

HOW TO ENTER

1. Email Judith.riddings@stockport.gov.uk or charlotte.pratt@stockport.gov.uk with the following information:

- Names and ages of children in the family
- Schools they attend

Then we will email you the resources - a copy of the body to stick up at home and the recording sheet for you to record your physical activity events on, to prove your journey. As soon as you have completed your Be Active, Be Healthy Challenge, send us your record sheet of activities to claim your reward! Take photos of your journey to show us your family fun.

Your family physical activity must be done over a period of months, include a variety of activities and not just completed on an activity holiday. The deadline date to finish is June 7th.

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