

ACTIV8 DAILY EGG SERVICISE CHALLENGE

WE INVITE YOU AND YOUR
HOUSEHOLD TO TAKE PART IN OUR
ACTIV8 DAILY CHALLENGE DURING
THE EASTER HOLIDAYS.

A SHORT VIDEO WILL POSTED TO OUR
ACTIV8 FACEBOOK PAGE EACH
WEEKDAY OVER THE TWO WEEK
PERIOD FOR YOU TO TAKE PART IN.
THE TEAMS HAVE PUT TOGETHER A MIX
OF FITNESS, FUN & SKILL CHALLENGES
LASTING NO LONGER THAN 5 MINUTES.

DURING THE WEEKENDS YOU SELECT
TWO OF THE PREVIOUS WEEK'S
CHALLENGES AND AIM TO
PROGRESS THEM.

STARTS: MONDAY 29TH APRIL
ENDS: SUNDAY 11TH APRIL
ENTRY: FREE
PRIZE: £20 COFFEE COTTAGE
VOUCHER (SOUTH BARRULE)

FOR A CHANCE TO WIN SIMPLY
EMAIL YOUR COMPLETED FORM TO
ACTIV8@GOV.IM BY THURSDAY
15TH APRIL.

HAVE FUN!

FROM THE ACTIV8 TEAM:
CHRISTIAN, JOSH & NIKKI (DESC),
JORDAN (DOI), KESHA (DHA) ANGELA (DFE & CO)

NB: ONLY TAKE PART IF YOU ARE WELL
& EXERCISE TO YOUR OWN LEVEL.

