

# Lifestyle

2019

*Be an everyday hero!*

## The Energi - Be Fit, Be Healthy Challenge

We all know how important it is to keep fit but playing sport and being physically active can help you to feel good too. So why not team up with your friends and get your community involved in sport over the summer?

### Ideas you could consider:

- Look at the generations around you and then as a team think of how you can assist in involving them in healthy activities and to have fun.
- Organise a Sports Day with races suitable for all generations, ask around and see what activities the different age groups would like to join in with.
- Set up a Lifestyle sports club e.g. football, basketball, tennis, cricket or dance.
- Raise funds to improve a local park or sports facility. Remember, if you need to raise funds for your project make sure you keep in with the sports theme – how about a sponsored bounce, skip, swim, walk or cycle ride? Or a sponsored beat-the-goalie or rounders match?
- Promote healthy eating by raising awareness at schools, youth groups, with family, friends and the community.

**Make sure any equipment you use is checked out to make sure it is safe!**

### Get up and Go!

We all need to keep fit and there are so many ways to do it. You could –

Get on your bike! Create a map of your favourite bike ride and then organise a community bike ride. You could all take a picnic and make a day of it. Be sure to check your bikes beforehand and wear your helmets!

Hold a sporting event in your local park – a mini sports day, rounders game, tai chi workout or football skills. Look at the age range in your community and see if you can find something for both youngsters and older people.

