

Active idea of the day!

THE FAMILY PHYSICAL ACTIVITY CHALLENGE

MONDAY 11TH JANUARY – SUNDAY 14TH FEBRUARY



British
Gymnastics

British
Gymnastics

Try some at home
Gymnastics, select one
of the British
Gymnastics fitness
challenges from



Remember to complete your activity log to be in with a chance of winning



@SOLIHULLNORTH

@SSOLIHULLSSP

#ACTIVETOGETHER

#STAYINWORKOUT



South Solihull
Local Sports Partnership