

# Active idea of the day!

**THE FAMILY PHYSICAL ACTIVITY CHALLENGE**

**MONDAY 11<sup>TH</sup> JANUARY – SUNDAY 14<sup>TH</sup> FEBRUARY**



Download and  
complete a session  
together from the  
Couch to 5k app



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



**@SOLIHULLNORTH**

**@SSOLIHULLSSP**

**#ACTIVETOGETHER**

**#STAYINWORKOUT**



**South Solihull**  
School Sport Partnership