

Spring Into Action – Virtual Activity Challenge

Monday 21 April – Sunday 20 July (12 weeks)

Complete 750 miles as a team collecting 8 postcards from some of Britain's most iconic landmarks along the way. From walking and cycling to horse riding and housework, almost all activities count (please see the list below – if you can't find your exact activity just choose the closest match).

Aerobics	Hiking	Skee ball	Tennis
Badminton	Hockey	Ski ing	Trampoline
Ballet dancing	Horse Riding	Sledding	Volleyball
Basketball	Pilates	Soccer	Water Aerobics
Boxing	Punching Bag	Softball	Water Polo
Canoeing	Racquetball	Spinning	Water Skiing
Dancing	Rock Climbing	Squash	Weight Lifting
Elliptical Training	Rollerblading	Stair limbing	Wheeling (wheelchair users)
Fencing	Rowing	Surfing	Wrestling
Football	Rowing	Swimming	Yard Work
Gardening	Rugby	Tae Bo	Yoga
Golf	Sailing	Tae Kwon Do	
Gymnastics	Skateboarding	Tai Chi	