



#BEACTIVE

SAT 19TH World United Les Mills	SUN 20TH #BeActive Festivals StreetGames and NGB's	MON 21ST Mindful Monday Mind	TUES 22ND Go RED & #BeActive RED Together	WED 23RD National Fitness Day ukactive
THURS 24TH Children and Young People - Open Doors John McAvoy Foundation / Fulham Reach Boat Club	FRI 25TH BeInclusive #BeActive with ParaDance	SAT 26TH #BeActive Night / This Girl Can & This Mum Moves	SUN 27TH Get Outside Day Ordnance Survey	September 2020

Bringing the nation together to celebrate the power that sport and activity has on our physical, mental and social wellbeing.

