

RED January 2021 Challenge!

What's the task?

This January, we are challenging YOU to get active, and be creative! All you need to do to be in with the chance of receiving a **£50 sports voucher**, is **show us how you've been staying active** this month. *You can choose any activity to keep active, for as many days as you can in January.*

Send us a photo or a video of your physical activity, be as creative as you like! Here are some examples:

- Use the 1SE App to record a 1 second video of your activity everyday
- Record your activity on the Strava App and send us a screenshot
- Take a photo of nature whilst you're exercising outside
- Send us a sweaty selfie after your activity!
- Send us your completed RED Jan calendar showing how many days you were active for

How do I enter?

Please send your entry to your youth worker, letting them know you'd like to enter the **London Youth RED January Challenge**. *Under 16's must also have parental consent to enter.*

Why not get your friends involved and set up a Whatsapp group to encourage and motivate each other?

Entries will close on Sunday 7th February 2021.

Why?

We all know that being active is good for our physical health, but it's also a great way to support our mental wellbeing. Physical activity releases chemicals in your brain that make you feel good - **boosting your self-esteem, helping you concentrate as well as sleep, look and feel better**. Why not use this challenge to focus on your wellbeing this January?

We look forward to seeing your entries!



Sport In Mind

Beating the blues one day at a time.

1.	2.	3.	4.	5.	6.	7.
8.	9.	10.	11.	12.	13.	14.
15.	16.	17.	18.	19.	20.	21.
22.	23.	24.	25.	26.	27.	28.
29.	30.	31.	2021			

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[#REDJanuary2021](https://twitter.com/REDJanuary2021)