

RED January 2021 Challenge!

What's the task?

This January, we are challenging YOU and your young people 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
- Take a screenshot of online activity sessions with your young people

How do I enter?

Please send your photo or video to jasmin.campbell@londonyouth.org or Whatsapp **07936957105**. We'd love to see what you've been up to on social media too, tag us on Twitter using **@LondonYouth #LYREDJan**.

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

Entries will close on Sunday 7th February 2021.

Why?

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 yours & your young people's entries!**



Sport In Mind

Beating the blues one day at a time.

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22.	23.	24.	25.	26.	27.	28.
29.	30.	31.	2021			

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#REDJanuary2021