**National Walking Month – May 2018**

**Teaming up for Health Walking Challenge**

The Teaming up for health partnership are inviting fans of the Rugby League Clubs and Hull 2020 Health Champions to complete and log walking during May which is National Walking Month.

Each time you walk for at least 20 minutes, where you can talk but not sing, please give yourself a tick on the calendar below.

At the end of the month please return by Wednesday 6th June 2018. After this date the winning team will be announced.

|  |  |  |
| --- | --- | --- |
| **Hull KR** | **Hull FC** | **2020 Health Champions** |
| Lizzie.Borrill@hullkr.co.uk | Olivia.Jackson@hullfc.com | Emma.Kelly25@nhs.netChristine.ebeltoft@nhs.net |
| Community TrustKCOM Craven ParkPoorhouse LaneHull HU9 5HE | Community FoundationThe KC StadiumWest ParkHull HU3 6HU | NHS Hull CCG2nd Floor, Wilberforce CourtAlfred Gelder StreetHull HU1 1UY |

Please utilise the following in social media #hullthy, teaming up for health, @hullkrofficial, @HullChampions, @hullfcofficial, @NHSHullCCG and @hullccnews.

|  |
| --- |
| **Fitmums & Friends, member name:** |
| Tues 1st |  | Thur 17th  |  |
| Wed 2nd |  | Fri 18th  |  |
| Thur 3rd |  | Sat 19th  |  |
| Fri 4th |  | Sun 20th |  |
| Sat 5th |  | Mon 21th |  |
| Sun 6th |  | Tues 22nd |  |
| Mon 7th |  | Wed 23rd  |  |
| Tues 8th  |  | Thur 24th  |  |
| Wed 9th  |  | Fri 25th |  |
| Thur 10th |  | Sat 26th  |  |
| Fri 11th |  | Sun 27th  |  |
| Sat 12th  |  | Mon 28th |  |
| Sun 13th  |  | Tue 29th |  |
| Mon 14th |  | Wed 30th  |  |
| Tue 15th |  | Thur 31st  |  |
| Wed 16th  |  |  |  |

More information about National Walking Month, run by Living Streets, can be seen <https://www.livingstreets.org.uk/what-you-can-do/campaigns/national-walking-month-2018>.