



Get Active  
**Week**  
June 2019

#GetMeActiveNI

It all adds up



Cycling to work or a brisk walk to catch the bus or train - it all counts. Aiming for 150 minutes physical activity a week is a great target, but any extra activity will benefit your health.

It's not too late to join the active travel challenge!

Register at [atc.getmeactive.org.uk](https://atc.getmeactive.org.uk) and log your journeys to be in with a chance of winning prizes.