



Get Active
Week
June 2019

#GetMeActiveNI

Take the stairs



The average adult gains about 1lb in weight each year – 2 minutes of stair climbing a day can eliminate this weight gain, and it'll help make your heart stronger too!

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

Register at atc.getmeactive.org.uk and log your journeys to be in with a chance of winning prizes.