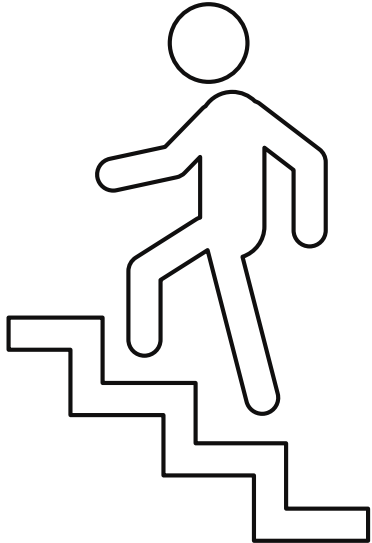


See how many of the following activities you can tick off during 2023.

Let's make 2023 the year that we are more active, together!



1	Go for a bike ride along the Wandle Trail	<input type="checkbox"/>
2	Take an early morning swim at a Merton Leisure Centre	<input type="checkbox"/>
3	Walk in the Rose Garden at Morden Hall Park	<input type="checkbox"/>
4	Use the outdoor gym at your local park	<input type="checkbox"/>
5	Take part in one of Merton's three Trim trails to help develop balance, strength and coordination	<input type="checkbox"/>
6	Set a time for a 5k Parkrun	<input type="checkbox"/>
7	Join Walk4Life walk at one of the walking routes	<input type="checkbox"/>
8	Workout Wednesday virtual series at AFC Wimbledon	<input type="checkbox"/>
9	Walk the Merton Mile at Figges Marsh with friends	<input type="checkbox"/>
10	Download the Couch to 5k app	<input type="checkbox"/>
11	Download the Active 10 app & track your progress	<input type="checkbox"/>
12	Walk or Cycle for 1 week instead of using the car	<input type="checkbox"/>
13	Take part in walking football at AFC Wimbledon	<input type="checkbox"/>
14	Challenge a friend to a game of squash at a Merton Leisure Centre	<input type="checkbox"/>
15	Play basketball in one of Merton's basketball courts	<input type="checkbox"/>
16	Join a walk with 'The Walk and Talk Movement'	<input type="checkbox"/>
17	Learn new dance moves by joining a class or learning on YouTube	<input type="checkbox"/>
18	Join a gardening club or volunteer with Sustainable Merton	<input type="checkbox"/>
19	Walk twice around the outfield at Mitcham Cricket Club, opposite Vestry Hall	<input type="checkbox"/>
20	Explore what activities Wimbledon Guild have to offer	<input type="checkbox"/>
21	Try The Body Coach Joe Wicks workouts	<input type="checkbox"/>
22	Play a game of tennis in one of Merton's parks	<input type="checkbox"/>
23	Your favourite activity!	<input type="checkbox"/>