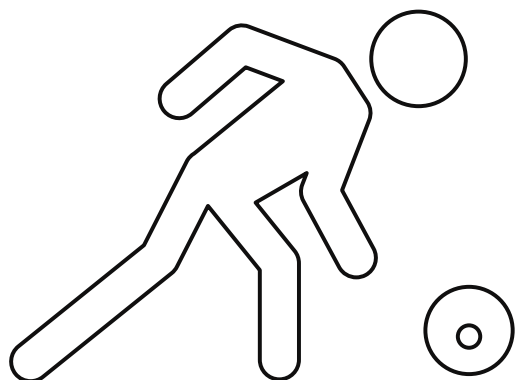


## See how many of the following activities you can tick off during 2023.

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



#MertonCan #ActivelyMerton

- |    |  |                          |
|----|--|--------------------------|
| 1  | Take a stroll with a walking club, such as Wimbledon Walking Club or 'Walk and Talk' | <input type="checkbox"/> |
| 2  | Take a football fitness session with AFC Wimbledon                                   | <input type="checkbox"/> |
| 3  | Improve your strength and balance by taking a yoga class                             | <input type="checkbox"/> |
| 4  | Try an aqua aerobics class with Age UK Merton  | <input type="checkbox"/> |
| 5  | Go wildlife spotting by taking a walk around Morden Hall Park                        | <input type="checkbox"/> |
| 6  | When taking public transport, get off a stop early and walk a little bit further     | <input type="checkbox"/> |
| 7  | Take a six week exercise pledge with Merton Moves                                    | <input type="checkbox"/> |
| 8  | Walk the Merton Mile   | <input type="checkbox"/> |
| 9  | Try the Couch to 5k app  | <input type="checkbox"/> |
| 10 | Check out watersports activities in Wimbledon Park                                   | <input type="checkbox"/> |
| 11 | Go swimming at a Merton leisure centre   | <input type="checkbox"/> |
| 12 | Download the Happy and Active brochure and get active                                | <input type="checkbox"/> |
| 13 | After periods of sitting down at home, be active around the house                    | <input type="checkbox"/> |
| 14 | Try Age UK Merton's Line Dancing Class   | <input type="checkbox"/> |
| 15 | Try out a seated exercise class at Wimbledon Guild                                   | <input type="checkbox"/> |
| 16 | Check out NHS online chair-based pilates videos from the comfort of your home        | <input type="checkbox"/> |
| 17 | Go play tennis with friends in one of Merton's parks                                 | <input type="checkbox"/> |
| 18 | Try out the Wimbledon Common Parkrun   | <input type="checkbox"/> |
| 19 | Play at your nearest public table tennis table in Merton                             | <input type="checkbox"/> |
| 20 | Try Tai Chi at South Mitcham Community Centre  | <input type="checkbox"/> |
| 21 | Join a gardening club through Sustainable Merton                                     | <input type="checkbox"/> |
| 22 | Join Attic Theatre's dancing group   | <input type="checkbox"/> |
| 23 | Try a Zumba Gold class at YMCA Wimbledon   | <input type="checkbox"/> |