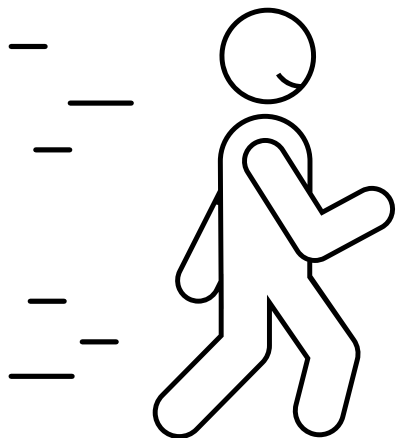


## See how many of the following activities you can tick off during 2023.

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



- |    |                                                                                                                             |                          |
|----|-----------------------------------------------------------------------------------------------------------------------------|--------------------------|
| 1  | Learn to ride a bike with cycle training                                                                                    | <input type="checkbox"/> |
| 2  | Go for a swim during family time at a Merton Leisure Centre                                                                 | <input type="checkbox"/> |
| 3  | Use a Kayak at Wimbledon Water Sports Centre                                                                                | <input type="checkbox"/> |
| 4  | Walk, cycle or scoot on the school run                                                                                      | <input type="checkbox"/> |
| 5  | Try a new playground in Merton – <i>there are over 35 to test out!</i>                                                      | <input type="checkbox"/> |
| 6  | Get inspired by watching AFC Wimbledon                                                                                      | <input type="checkbox"/> |
| 7  | See how many skips you can do without stopping!                                                                             | <input type="checkbox"/> |
| 8  | Play hopscotch                                                                                                              | <input type="checkbox"/> |
| 9  | Fly a kite in one of the parks. <i>Top tip: Morden Park has a gentle hill to run down!</i>                                  | <input type="checkbox"/> |
| 10 | Register to get updates on fun games with Healthier Families                                                                | <input type="checkbox"/> |
| 11 | Use the outdoor gym at your local park ( <i>young people</i> )                                                              | <input type="checkbox"/> |
| 12 | Take part in the Daily Mile and see how far you can go this year                                                            | <input type="checkbox"/> |
| 13 | Explore Cannizaro Park and feed the ducks ( <i>leftover peas, sweetcorn or lettuce are great. Leave the bread at home</i> ) | <input type="checkbox"/> |
| 14 | Join Beavers, Cubs or Scouts                                                                                                | <input type="checkbox"/> |
| 15 | Get your heart pumping and try an active fitness class at Wimbledon Leisure Centre & Spa                                    | <input type="checkbox"/> |
| 16 | Play a round of crazy golf at Wimbledon Park                                                                                | <input type="checkbox"/> |
| 17 | Play outdoor table tennis in a Merton Park                                                                                  | <input type="checkbox"/> |
| 18 | Go on a family adventure walk through the woods and take notice of the seasonal changes                                     | <input type="checkbox"/> |
| 19 | Find your way around Merton using a map – <i>why not follow the River Wandle?</i>                                           | <input type="checkbox"/> |
| 20 | Check out the 'This Girl Can' Disney dance along videos and routines                                                        | <input type="checkbox"/> |
| 21 | Go ice skating                                                                                                              | <input type="checkbox"/> |
| 22 | Check out Change4Life's accessible activity ideas and activities to get inspired                                            | <input type="checkbox"/> |
| 23 | Your favourite activity!                                                                                                    | <input type="checkbox"/> |