

ENGAGING FRIENDS CHANGING LIVES



AGES 14-21

Be a StreetGames
Champion and inspire
your friends or family
to be more active!



North Tyneside Council

What do you need to do?

Support two or more people to be
more active, 10 times in six months.

- Hit the gym
- Ride a bike
- Swim
- Skate
- Walk the dog

Or anything else...
as long as it gets
them moving!

**SOUND
GOOD?**
TURN OVER
TO FIND OUT
MORE.





What's in it for you?

- A goodie bag including a T-shirt at the start
- A £20 shopping voucher and hoody when you finish
- Feel good about helping people you care about live healthier
- It's great experience to add to your CV or a job/college application
- Progress on to being a volunteer leader in the community

INTERESTED?

**CONTACT ACTIVE NORTH TYNESIDE
FOR FULL DETAILS AND TO APPLY**

www.activenorthtyneside.org.uk



Active North Tyneside



@active_NT



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