

Win prizes for you
and your local school

IT'S NEVER TOO LATE TO BE ACTIVE



We're inviting family members and friends of the school to join us for a **'Daily Mile for all ages'** event to launch a new campaign that encourages older adults to get more active.

Whether you're a grandparent, aunt, uncle, family friend, neighbour or just a known local supporter of the school, please come along, have fun with the children and help us win a prize!

By registering with the campaign you'll enter your school into a prize draw and claim free taster activities for yourself.

What is the Daily Mile?



It's where the children go outside to run or walk for 15 minutes during the school day. Some can do a mile in this time, others will be working towards this. The important thing is that they are taking part, having fun and feeling the physical and mental health benefits of being active.

School prizes:

1st prize: £1000 | **2nd prize: £750** | **3rd prize: £250**

Dear

I would love it if you would join me for my daily mile.

Date Place

From

Staying active as we get older keeps our body strong, our mind sharp and gives us more energy to keep doing the things we love, like having fun with our friends and family and keeping up with the grandchildren.

It's easier than you might think - breaking activities down into 10 minute chunks is a great way to help you reach your goals, it soon adds up!

So let's give it a go!

The 'Never Too Late' campaign aims to help you get more active.

Get your free activity passes, download a free activity planner and win prizes by registering for the campaign.

**Find out more at: www.hertfordshire.gov.uk/nevertoolate
If you need help to get started you can:**

- Drop into your local library
- Call Hertshelp on 0300 123 4044
- Or email info@hertshelp.net

