







GIVE | GIVE CIVE | GIVE **HOW CAN YOU GIVE TO** OTHERS? **HELP BRING TO THOSE IN ISOLATION MEMBERS CHECK** GIVE | GIVE | GIVE | GIVE | GIVE | **FOR** THOSE IN NEED CIVE | CIVE www.wamyouth.org.uk

YOUT













KEEP ACTIVE | KEEP ACTIVE | KEEP ACTIVE | KEEPACTIVE (EEP ACTIVE | KEEP ACTIVE KEEP ACTIVE | KEEP ACTIVE **KEEPING ACTIVE RUN ON THE JUMPING SPOT JACKS WALK UP** DAILY **AND DOWN** WALKS **STAIRS** RACES IN THE **STRETCHES** GARDEN **FAMILY WORKOUTS**

KEEP ACTIVE | KEEP ACTIVE | KEEP ACTIVE | KEEPACTIVE (EEP ACTIVE | KEEP ACTIVE KEEP ACTIVE | KEEP ACTIVE **KEEPING ACTIVE RUN ON THE JUMPING SPOT JACKS WALK UP** DAILY **AND DOWN** WALKS **STAIRS RACES IN THE STRETCHES** GARDEN **FAMILY** WORKOUTS

KEEP ACTIVE | KEEP ACTIVE | KEEP ACTIVE | KEEPACTIVE

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RUN ON THE SPOT

JUMPING JACKS

WALK UP AND DOWN STAIRS

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DAILY Walks KEEP ACTIVE | KEEP ACTIVE | KEEP ACTIVE | KEEP ACTIVE | KEEP ACTIVE

RACES IN THE GARDEN

STRETCHES

FAMILY WORKOUTS

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