



**Active  
every  
day...**

**...to beat  
the blues  
away.**

Register for FREE at  
[redtogether.co.uk](http://redtogether.co.uk)

**Support your mental health this  
January by doing something  
active every single day.**

If it's running 5k, or walking to work a new way, a morning swim or just taking the bike for a spin – join the thousands of people around the UK kick-starting their 2019 in the most positive way.

