



# This January, challenge yourself to get active every day, your way.

Whether you run, swim, cycle or choose your favourite fitness activity, set your goal and enjoy support from the RED community every step, splash and pedal of the way!

Kick-start your 2020 in a positive way and raise funds for Mind so together we can be active for better mental health.



Join RED January at [redjanuaryformind.co.uk](https://redjanuaryformind.co.uk)