RED JANUARY

In partnership with mind for better mental health

Active together for better mental health.

1. NYD Parkrun	**2.** "Walk & Talk" at lunch	**3.** Wear RED t-shirt to work Share photos on email / instagram	**4.** Parkrun	**5.** Regent's Park 10K	**6.** Yoga class (in office)	**7.** Spin Class
8. Staggered 5k at lunchtime	**9.** "Walk & Talk" at lunch	**10.** Wear RED t-shirt to work Share photos on email / instagram	**11.** Parkrun	**12.**	**13.** Indoor rock climbing @ Vauxhall	**14.** Spin Class
15. Lunchtime run	**16.** "Walk & Talk" at lunch	**17.** Wear RED t-shirt to work Share photos on email / instagram	**18.** Parkrun	**19.**	**20.** Blue Monday Cake Sale	**21.** Boxercise Class
22. Walk or cycle to work (or walk a few tube stops)	**23.** "Walk & Talk" at lunch	**24.** Wear RED t-shirt to work Share photos on email / instagram	**25.** Parkrun	**26.**	**27.** Why not take the stairs instead of lifts?	**28.** HIIT Class
29. Lunchtime run	**30.** "Walk & Talk" at lunch	**31.** Wear RED t-shirt to work Share photos on email / instagram				

2020

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Charity reg no. 219830.