

# 28 IN 28

## - PLEDGE CHALLENGE -

Have you made that New Year's resolution to make a lifestyle change in 2021?

Make the pledge to get to 28 in 28 days



**Get moving**

**Join in**

**Share your story**

**Win PRIZES**

Your pledge could be working up to a 28 day goal.

Start anytime in February.

Your goal is **28!**



**Working up to 28**

Work up to 28 mins of walking/ running/ cycling/ yoga over 28 days

or

Work up to 28 sits ups / 28 press ups / 28 of anything over 28 days



**Doesn't have to be exercise - change a habit!**

Drinking 2 litres of water for 28 days

or

Eating 3 pieces of fruit for 28 days or building up to 5 pieces over 28 days



**Maybe a routine change?**

Have breakfast for 28 days

or

Taking a lunchtime walk for 28 days



**This is your pledge - be unique!**

The aim of the pledge challenge is to help motivate you to change a habit or routine or just to move a little more.

Do as much as or as little as you want but join in with others to share your story and win prizes!

Check out The Public Health Agency's Take 5 steps to wellbeing for ideas of what you can do for your 28 in 28 pledge challenge

