

STAY ACTIVE WITH SUSTRANS

WEEK 8: DAILY OUTDOOR EXERCISE

WIN A BIKE
OR SCOOTER!

The Challenge

Create a 30 second clip of what you see on your daily outdoor exercise.

How to stand out – for children

We want to see some exciting sights from your daily exercise. It's great if you can describe them in an imaginative way. You could make local trees talk to each other, you could find out the history of an old building – get creative!

How to enter – for parents and carers

- Upload your video to Facebook or Twitter using the hashtag **#SustransActiveLondon**
- Or send your video to BikeltPlusLondon@sustrans.org.uk
- Entrants must have the consent of a parent or guardian over the age of 18 to enter. Entries must be uploaded by a representative adult over the age of 18.
- Please see our [website](#) and read our Terms and Conditions for more details.

Deadline

Parents/carers – upload or send the video to us by **Wednesday 1st July** to be in with a chance of winning a bike or scooter.

What happens if I win?

- We will announce the winner on **Thursday 2nd July** on Twitter and via email.
- We will be in touch to arrange your prize: a bike or scooter!
- Your video will be uploaded to our Twitter, @SustransLondon.

What happens if I don't win?

- There's still a chance your video will appear on our Twitter page. We will be putting some of our favourites up throughout the week, so keep your eyes peeled!
- This is a weekly challenge so there will be plenty of opportunities to take part again. Look out for our next challenge which will be announced on Wednesday 1st July.

DID YOU KNOW...



Health specialists say that children need to do 60 minutes of exercise every day.



The most common trees in London are the Sycamore, the English Oak, the Silver Birch and London Plane. See if you can spot them!

Watch [this video](#) for more information about this week's challenge

sustrans
JOIN THE MOVEMENT

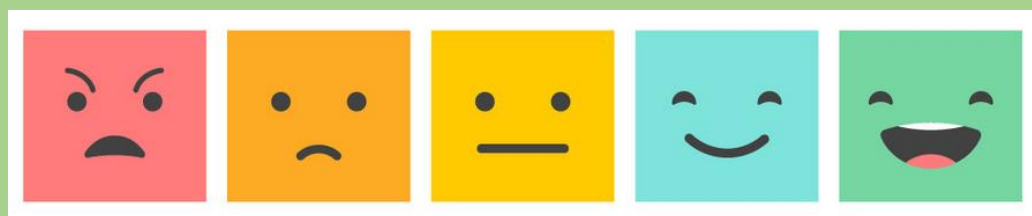
SHARE YOUR CLIPS!

Click on the twitter logo to go straight to our twitter page



#SustransActiveLondon

Tell us what you think of this activity



Click on the faces to link to our activity feedback survey