

# Stay active

## with Sustrans

### Week 1: indoor



Win a  
bike or  
scooter!

#### The Challenge

## exercise

Take a 30 second video of you doing your favourite indoor exercise.

#### How to stand out

We're looking for something inventive and fun that will inspire others to get their bodies moving indoors. Maybe you can explain which muscles it is working, or why it make you feel good!

#### How to enter

- Upload your video to Facebook or Twitter using the hashtag #SustransActiveLondon
- If you don't have Facebook or Twitter, send your video to [BikeItPlusLondon@sustrans.org.uk](mailto:BikeItPlusLondon@sustrans.org.uk)
- Please see our [website](#) and read our Terms and Conditions for more details.

#### Deadline

Send your video to us by **Wednesday 6<sup>th</sup> May** to be in with a chance of winning a bike or scooter.

#### What happens if I win?

- We will announce the winner on **Thursday 7<sup>th</sup> May**, on Facebook and via email.
- We will be in touch on to arrange your prize: a bike or scooter!
- Your video will be uploaded to our Facebook account,.

#### What happens if I don't win?

- There's still a chance your video will appear on our social media. 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 6<sup>th</sup> May.

## Try

## it!



Measure your pulse (heart rate) before and after exercising. What changes?

## DID YOU KNOW...



Children need one hour of exercise per day!



The heart is a muscle which gets stronger through exercise.



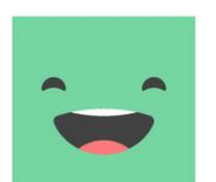
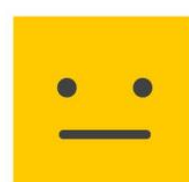
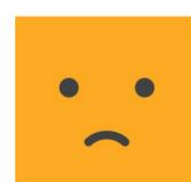
## Share your clips!

On Facebook or Twitter, use the hastag:



### #SustransActiveLondon

Tell us what you think of this activity



Click on the faces to link to our activity feedback survey