

WalkRunSwimDance
BounceBikeSkateRow
CartwheelSkipJump

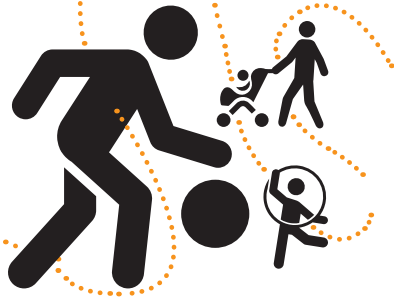
However you do it, just try and
do your mile a day



#yourmileyourway

Your Mile Your Way

No matter where you live there's an activity to suit you. Simply visit the website in your area for more information.



Area	Website
Lancaster	Lancaster.gov.uk/activeslives
West Lancs	activewestlancs.org
Fylde & Wyre	yourmoveprogramme.co.uk
East and Central Lancs	upandactive.co.uk



Your mile, your way

