

2025 MOVEMENT CHALLENGE

Exercising for at least 22 minutes per day would make you a more active person. As part of Wandsworth Moves Together, we want to encourage more people to get active this year. Set yourself a new challenge for 2025 and aim to do at least 22 minutes of exercise per day! Here are some suggestions to get you started. Remember, lots of these activities take place every week so you can continue all year!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<p>Why not start the New Year by going for a walk in one of Wandsworth's award-winning parks? 1</p>	<p>Join a Walk & Talk Wellness event with Begin2Sports and join a walk around Roehampton 2</p>	<p>Did you know even hoovering your house for 22 minutes counts as being active? Why not freshen up your home and reap the health benefits! 3</p>	<p>Attend a parkrun in Battersea Park or Tooting Common – remember you can walk, jog or run the 5k course! 4</p>	<p>Attend a junior parkrun in Battersea Park or Tooting Common – remember you can walk, jog or run the 2k course! 5</p> 
<p>Enjoy some free yoga at Northcote Library 6</p> 	<p>Take a swim in your local leisure centre 7</p> 	<p>Join a walking group in Battersea Park or Wandsworth Common 8</p> 	<p>Join a Walk & Talk Wellness event with Begin2Sports and join a walk around Roehampton 9</p>	<p>Make the most of free tennis equipment at King George's Park, Wandsworth Common and Tooting Common. 10</p>	<p>Attend a parkrun in Battersea Park or Tooting Common – remember you can walk, jog or run the 5k course! 11</p>	<p>Attend a junior parkrun in Battersea Park or Tooting Common – remember you can walk, jog or run the 2k course! 12</p> 
<p>Enjoy some free yoga at Northcote Library 13</p> 	<p>Make the most of free padel equipment at King George's Park 14</p>	<p>Join a walking group in Battersea Park or Wandsworth Common 15</p> 	<p>Join a Walk & Talk Wellness event with Begin2Sports and join a walk around Roehampton 16</p>	<p>Take a swim in your local leisure centre 17</p> 	<p>Attend a parkrun in Battersea Park or Tooting Common – remember you can walk, jog or run the 5k course! 18</p>	<p>Attend a junior parkrun in Battersea Park or Tooting Common – remember you can walk, jog or run the 2k course! 19</p> 
<p>Enjoy some free yoga at Northcote Library 20</p> 	<p>Take a swim in your local leisure centre 21</p> 	<p>Join a walking group in Battersea Park or Wandsworth Common 22</p> 	<p>Join a Walk & Talk Wellness event with Begin2Sports and join a walk around Roehampton 23</p>	<p>Make the most of free tennis equipment at King George's Park, Wandsworth Common and Tooting Common. 24</p>	<p>Attend a parkrun in Battersea Park or Tooting Common – remember you can walk, jog or run the 5k course! 25</p>	<p>Attend a junior parkrun in Battersea Park or Tooting Common – remember you can walk, jog or run the 2k course! 26</p> 
<p>Enjoy some free yoga at Northcote Library 27</p>	<p>Make the most of free tennis equipment at King George's Park, Wandsworth Common and Tooting Common. 28</p>	<p>Join a walking group in Battersea Park or Wandsworth Common 29</p> 	<p>Join a Walk & Talk Wellness event with Begin2Sports and join a walk around Roehampton 30</p>	<p>Take a swim in your local leisure centre 31</p> 	<p>Some activities are subject to eligibility and specific timings so please scan the QR code below to double check before attending</p>	

For timings, addresses and booking information, or for a range of other ideas to inspire you, please visit [wandsworth.gov.uk/2025-movement-challenge](https://www.wandsworth.gov.uk/2025-movement-challenge). Remember, these are just suggestions to get you started but the key is to do whatever you feel most comfortable with!

