

# 2026 Wandsworth Moves Together Movement Challenge

Moving for at least 22 minutes per day would make you a more active person. Set yourself a new challenge for 2026 and aim to do at least 22 minutes of movement per day!

Here are some suggestions to get you started, but the key is to do whatever you feel most comfortable with.

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY   |
|--|---|---|--|--|---|--|
|    |    | <p>Some activities are subject to eligibility and specific timings so please scan the QR code below to double check before attending</p>  | <p>Why not start the New Year by going for a <b>22 minute walk</b> in one of Wandsworth's award-winning parks?</p> <p><b>1</b></p> | <p>Try out an <b>Older Adults Circuit Class</b> – first session is <b>free!</b><br/>Contact: Active communities@enablelc.org</p> <p><b>2</b></p>     | <p>Attend a <b>parkrun</b> in Battersea Park – remember you can walk, jog or run the 5k course!</p> <p><b>3</b></p>   | <p>Attend a <b>junior parkrun</b> in Battersea Park – remember you can walk, jog or run the 2k course!</p> <p><b>4</b></p>   |
|    |    | <p><b>5</b> Enjoy some chair <b>yoga</b> at Lennox Sheltered Housing Clubroom</p> <p><b>6</b> Enjoy some chair <b>yoga</b> at Grosse Way Sheltered Housing Clubroom, Roehampton</p>   | <p><b>7</b> Join a <b>walking group</b> in Battersea Park</p>  | <p><b>8</b> Have some fun at Plough Lane - <b>Football Group</b><br/>8-10 year olds</p>  | <p><b>9</b> Enjoy <b>disability basketball</b> for at Latchmere Leisure Centre<br/>11-17 year olds</p>  | <p><b>10</b> Download the <b>Couch to 5K</b> app to get moving</p>   |
|   |   | <p><b>12</b> Introduce yourself to the fastest growing indoor sport - <b>Futsal</b> @Chestnut Grove</p> <p><b>13</b> Make the most of <b>tennis equipment</b> at King George's Park, Wandsworth Common and Tooting Common</p> | <p><b>14</b> Attend a <b>Pilates class</b> at DRCA, Battersea</p>  | <p><b>15</b> Take a <b>swim</b> in your local leisure centre</p>  | <p><b>16</b> Get involved with Southfields <b>Football Group</b><br/>10-18 years</p>  | <p><b>17</b> Attend a <b>parkrun</b> in Tooting Common – remember you can walk, jog or run the 5k course!</p> <p><b>18</b> Attend a <b>junior parkrun</b> in Tooting Common – remember you can walk, jog or run the 2k course!</p>       |
|  |  | <p><b>19</b> Get active with <b>RunHer Community</b> for women only 16+</p> <p><b>20</b> Walk or <b>cycle</b> instead of driving to the shops</p>   | <p><b>21</b> Make the most of <b>padel equipment</b> at King George's Park</p>   | <p><b>22</b> Did you know even <b>hoovering your house for 22 minutes</b> counts as being active?</p>  | <p><b>23</b> Get active at home with <b>NHS Home workout videos</b></p>  | <p><b>24</b> Under 11s can join a free <b>boxing class</b> at Carney's Community, Battersea</p> <p><b>25</b> Enjoy <b>Kimber Skatepark</b> and <b>BMX track</b> in King George's Park – it's free and open to all ages and abilities</p> |
|  |  | <p><b>26</b> Make the most of <b>RPFC Community Kick-About</b><br/>11-18 year olds</p> <p><b>27</b> Add movement to your daily life by <b>taking the stairs</b> or standing on buses or trains</p>                            | <p><b>28</b> Download the <b>NHS Active 10 app</b> to track your steps and help set goals</p>                                      | <p><b>29</b> Make the most of <b>tennis equipment</b> at King George's Park, Wandsworth Common and Tooting Common</p>                                | <p><b>30</b> Take a <b>swim</b> in your local leisure centre</p>         | <p><b>31</b> Attend a <b>parkrun</b> in Battersea Park – remember you can walk, jog or run the 5k course!</p>                                       |



For timings, addresses and booking information, or for a range of other ideas to inspire you, visit: [wandsworth.gov.uk/2026-movement-challenge](https://wandsworth.gov.uk/2026-movement-challenge) Remember these are just suggestions of what you could do each day, and lots of these activities take place every week so you can continue all year.

