



To whom this may concern,

27.01.2021

---

Saints Southwest would like to invite you to take part in our February Fitness challenge, running over either 7, 14 or 21 days! This challenge is for the whole family!

As a family, choose which challenge you would like to do (see below). Plus, which Certificate Award you would like to go for, either Bronze, Silver or Gold. Here's some more information;

### **Activity Challenge**

The challenges are all about achieving 'Active Minutes'. Active minutes can be achieved in many ways, whichever suits your family best. Physical activity brings families together to enjoy shared time. Your active minutes can be anything you like, here are some suggestions:

- Skipping
- Dance
- Active Play
- Skateboarding
- Riding a bike/scooter
- Walking
- Jogging
- Walking the Dog
- Online Fitness Class
- Saints Southwest online virtual sessions and more!

What's great about this challenge is all family members don't have to do the same activity at the same time. For example, a parent(s) could walk to the park while the child/children ride their scooters.

### **7, 14 or 21 Days & Bronze, Silver or Gold (what will you choose)?**

Use the tables below to select a length of challenge (7, 14 or 21 days) and certificate award (Bronze, Silver or Gold). E.g. If you choose 7 Days & Bronze, you need to achieve 210 active minutes across the 7 days.

Reaching your target number of active minutes could be achieved in a variety of ways, e.g. 30 mins per day x 7 days = 210 minutes.

All challenges must be completed between 01.02.21 - 28.02.21. You must also ensure you are following the latest UK government guidance on being active during the coronavirus outbreak.



**SAINTS  
SOUTHWEST**

A PARTNERSHIP WITH  
SOUTHAMPTON FOOTBALL CLUB



### **Active Minutes Challenge**

Length of challenge	Bronze	Silver	Gold
7 days	210	315	420
14 days	420	630	840
21 days	630	915	1260

### **Active Minutes Table**

Record your active minutes using our table below;

Days	Family Members Names					
	Danny Ings					
Monday	45 mins					
Tuesday	45 mins					
Wednesday	45 mins					
Thursday	45 mins					
Friday	45 mins					
Saturday	45 mins					
Sunday	45 mins					
<b>Total Mins</b>	5hr 15mins/ 315mins					

### **Submit Your Results**

Once you have completed your challenge send the scores into [bjones@saintssouthwest.co.uk](mailto:bjones@saintssouthwest.co.uk). We can then get your virtual certificate sent over to you.

Have fun!

Warm Regards,

**Ben Jones**

**Head of Education**

Saints Southwest

“Developing potential for ALL”



**SAINTS  
SOUTHWEST**

A PARTNERSHIP WITH  
SOUTHAMPTON FOOTBALL CLUB