

100



The 100 challenge!

You must have seen and heard all about Captain Tom Moore's 100th Birthday Walk for the NHS

We would like to challenge you to complete what we are calling the 100 challenge!

Please select a sports/fitness activity and link this to the number this 100.

It could be you will run 100 miles over the next 6 weeks; you may choose to complete 100 burpees, 100 star jumps? A 100 mile bike ride? 100 minutes of aerobics?

Whatever you do, it must link to the number 100!