

#BEACTIVE

DATE	MAIN PARTNER	EVENT/CAMPAIGN	CONCEPT
Sunday 23 rd Sept	Street Games	Glasgow kick-off event	A festival of sports and activity, held in Glasgow, Scotland to kick off the week ahead
Monday 24 th Sept	Mind	Mindful Monday	A day to focus on the benefits of physical activity on mental health and general wellbeing
Tuesday 25 th Sept	SportsAid	#MyMiles challenge	A day to focus on the engagement of schools to be active by getting pupils to cover a minimum of a mile, or an equivalent 20 minutes of exercise.
Wednesday 26 th Sept	National Fitness Day	#FitnessDay	A day to celebrate the fun of fitness and physical activity – with sports clubs, workplaces, schools, leisure and fitness operators and many more
Thursday 27 th Sept	Sense UK	Be inclusive #BeActive	A day that will highlight the accessible opportunities available for people with complex disabilities to participate in sport and physical activity
Friday 28 th Sept		World Heart Day	A day to focus on the benefits that physical activity has on our hearts
Saturday 29 th Sept	Ministry Does Fitness / Ministry of Sound	#BeActive night	An evening of experiential fitness at the iconic Ministry of Sound with world class coaches leading a vibrant workout
Sunday 30 th Sept	Ordnance Survey	#GetOutsideDay	A day aiming to get 1 million people active outside to highlight the benefits that a healthy outdoor lifestyle can bring.