

Join the GetOutside Challenge

The outdoors is still open, and we're able to exercise outside locally once a day - so let's do just that! Here's some ideas to mix it up...

1 Find a new local footpath to explore	2 Jog around the block	3 Take your morning coffee on a walk 	4 Spot a bird's nest	5 Collect items for nature arts and crafts	6 Learn how to map read 
7 Pick up litter on your walk	8 10 press ups 10 star jumps 10 cartwheels All outside!	9 Get on your bike	10 Take a sunset stroll	11 Wander along a muddy path 	12 Make a call whilst walking around the block
13 Spot cloud shapes in the sky	14 Walk and listen to the GetOutside podcast	15 Run with a friend	16 Identify three different types of trees	17 Walk in the dark with your torch	18 Repeat #2 but beat your time
19 Kick a ball around the park	20 Do your exercise in the rain	21 Walk beside water	22 Take 5 photos looking up 	23 Stargaze on an evening stroll	24 Run to your nearest post box and back
25 Spot a dog, cat and bird 	26 Walk one mile before breakfast	27 Say hello to 5 people you pass outside	28 Splash with your wellies on	29 Try a new way to exercise outdoors	30 Play I-Spy on your walk

Share your outdoor adventures with us! #GetOutside

getoutside.uk/hub

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