



**EVERYDAY
ACTIVE**

**Are you ready to start
moving more in your
everyday life?**



everydayactivekent.org.uk

Everyday Active can help you discover ways to become more active in your local area

- 1** Search for activities that interest you
- 2** Personalise your journey and get inspired by our articles, activity suggestions and hints and tips
- 3** Sign up for updates, share with your friends and family, and create your own plan for moving more

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