WILL YOU DO 20 IN 20?

MAKE YOUR 20 IN 20 PLEDGE AND BE PART OF MK’S EUROPEAN CITY OF SPORT YEAR

As part of Milton Keynes being named European City of Sport for 2020, we’re asking you to make a pledge on 20th January to be more active, based around the number 20.

The pledge could be to do 20 minutes of exercise three times each week, swim 20 lengths, take part in 20 park runs, or walk around 20 places that you’ve never visited before – whatever you feel comfortable doing!

We’d like as many people as possible to make their pledge on 20 January 2020 and to use the hashtag #MK20in20 on social media so others can be inspired.

For more details follow: www.facebook.com/activeMK or visit: www.milton-keynes.gov.uk/ecos