

7X DAYS OF INSPIRATION!

Part of the Half Term Challenge!



1

Get up early to watch the sunrise with your family or friends

*If you aren't on half term, go before you start your work day!

2

Walk or wheel with your family, colleagues or friends to check in on each other



3

Take your phone or camera out with you to take photos of things you see

*Look for birds, animals, flowers and Somerset views!

4

Walk or wheel to your local shop or town centre when you can, rather than driving or commuting



5

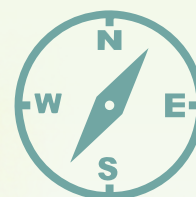
Listen to a new Podcast on a walk! Looking for a new listen?

Somerset Moves: www.somersetmovespodcast.buzzsprout.com

6

Walk or wheel somewhere new, get outdoors and explore Somerset!

Activities: www.getoutsideinsomerset.co.uk/activities



1

Have a picnic by walking or wheeling to your favourite lunch spot



Share your photos/videos with us

using [#GetOutsideStepChallenge](https://twitter.com/GetOutsideSomerset) and tagging us [@GetOutsideSomerset](https://twitter.com/GetOutsideSomerset)