**National Walking Month – May 2019**

**Walking Challenge**

The Teaming up for health partnership are inviting fans of the Rugby League Clubs, Hull 2020 Health Champions and the Hull Working Voices employees to complete and log walking during May which is National Walking Month.

Each time you walk for at least 20 minutes, where you can talk but not sing, please give yourself a tick on the calendar below. At the end of the month please return by **Wednesday 6th June 2019**. Alternatively, please log your walks within the following link: <https://www.surveymonkey.co.uk/r/TufHNWM2019>. After this date the winning team will be announced.

|  |  |
| --- | --- |
| **Hull KR** | **Hull FC** |
| Lizzie.Borrill@hullkr.co.uk | Olivia.Jackson@hullfc.com |
| Community TrustKCOM Craven ParkPoorhouse LaneHull HU9 5HE | Community FoundationThe KC StadiumWest ParkHull HU3 6HU |
| **2020 Health Champions** | **Working Voices** |
| Emma.Kelly25@nhs.netChristine.ebeltoft@nhs.net | samantha.barlow@nhs.net  |
| NHS Hull CCG2nd Floor, Wilberforce CourtAlfred Gelder StreetHull HU1 1UY | NHS Hull CCG2nd Floor, Wilberforce CourtAlfred Gelder StreetHull HU1 1UY |

Please utilise the following in social media #hullthy, teaming up for health, @hullkrofficial, @HullChampions, @hullfcofficial, @NHSHullCCG, @HealthHull and @hullccnews.

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| **Name:****Organisation:** |
| Wed 1st |  | Fri 17th  |  |
| Thur 2nd |  | Sat 18th  |  |
| Fri 3rd |  | Sun 19th  |  |
| Sat 4th |  | Mon 20th |  |
| Sun 5th |  | Tues 21th |  |
| Mon 6th |  | Wed 22nd |  |
| Tues 7th |  | Thur 23rd  |  |
| Wed 8th  |  | Fir 24th  |  |
| Thur 9th  |  | Sat 25th |  |
| Fir 10th |  | Sun 26th  |  |
| Sat 11th |  | Mon 27th  |  |
| Sun 12th  |  | Tue 28th |  |
| Mon 13th  |  | Wed 29th |  |
| Tue 14th |  | Thur 30th  |  |
| Wed 15th |  | Fri 31st  |  |
| Thur 16th  |  |  |  |