

A Better Life health week #YourMileYourWay

Monday 18th September – Saturday 23rd September – Events Focus

Lancashire wide event to raise awareness of the Active Lives and Healthy Weight service and to provide a variety of health activities for people living in Preston, Chorley and South Ribble. The ABL week will start on Monday 18th Sept with a Twin peaks challenge and finish with a Flash mob in Preston. Thursday 21st Sept will be 'Your mile your way' day. Hopefully the combined power of the people will take us around the circumference of the earth (just short of 25000 miles).

Timetable

Date	Activities
Monday 18 th September	<ul style="list-style-type: none"> • Twin peaks charity challenge for The Scout Association, Healey Nab, Chorley £2 pp. 10.30 start • Smoothie Bike at Leyland Leisure Centre • Nature Walk led by Russ Hedley (nature expert) -Yarrow Valley 2pm • Nordic walk Chorley taster session, Healey Nab (30 mins before twin challenge starts) following the twin peak route. • Facebook Live launch anyone, anywhere can tune in and exercise in the their own home with Steve • Launch of Strictly Dance in South Ribble, Leyland Leisure centre at 2.
Tuesday 19 th September	<ul style="list-style-type: none"> • Nordic Walking Launch - South Ribble (taster session) Worden Park – 10 -11 and 2 - 3 • Cook and eat session with Highfield scouts & smoothie bike, Chorley • Diabetes & Respiratory Clinic health promo, Worden Medical Centre, South Ribble • Facebook Live – day 2 with Steve
Wednesday 20 th September	<ul style="list-style-type: none"> • Walking football Tournament, everyone welcome (no team membership needed) Tag Lane, Preston starts at 10am (expected to run till 1pm) • Couch to 5km, Preston Docks, 6pm with Kieran • Smoothie Bike at Leyland Leisure Centre • Smoothie bike at Morrison's Chorley • Facebook Live - day 3 with Kieran
Thursday 21 st September	<ul style="list-style-type: none"> • Your mile your way - Across Lancs • Penny Farthing 5k ride along session at Yarrow Valley 5.30pm • Active Nation, #YourMileYourWay promotion day. (any time during the day, bike in foyer)Free tennis/badminton taster sessions, Chorley • South Ribble Tennis Centre #YourMileYourWay promotion day (any time during the day, bike in foyer) • Health workshop, including yoga taster, at mum and toddler session, Buckshaw, Chorley • Preston Muslim Forum exercise session, Preston • Facebook Live Day 4 – with Kieran • Cook and eat session, Intact centre, 4 till 5.30 • School sessions delivered by Richard Smith Penny farthing expert (St Bedes)
Friday 22 nd September	<ul style="list-style-type: none"> • Twin Peaks part two – Rivington Pike, in support of Rainbow House Chorley (completers of both sessions entered into prize draw) • Nordic walk, Preston 9.00 to 10.30, attach booking link • Facebook Live day 5 with Steve • Launch of Strictly Dance in Preston
Saturday 23 rd September	<ul style="list-style-type: none"> • Flash Mob – Preston St Georges Centre, 11am • Active Nation health mela with smoothie bike, Chorley

**** Please note this is a working plan, schedule may change as activities are confirmed****