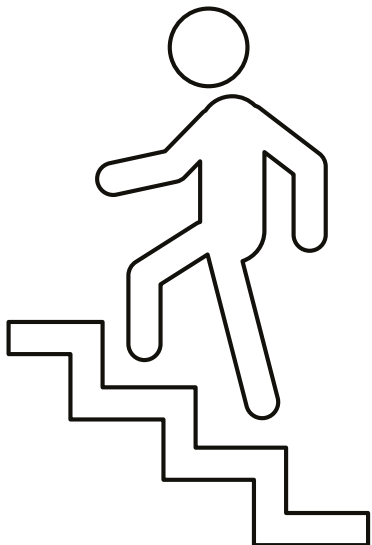
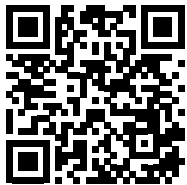


# See how many of the following activities you can tick off during 2024.

Let's make 2024 the year that we are more active, together!

Find more activities at [www.getactive.io/area/merton](http://www.getactive.io/area/merton)



- 1 Go for a bike ride along the Wandle Trail
- 2 Take an early morning swim at a Merton Leisure Centre
- 3 Take part in the weekly Bootcamp at Fair Green, Mitcham
- 4 Use the outdoor gym at your local park
- 5 Take part in one of Merton's three trim trails to help develop balance, strength and coordination
- 6 Set a time for a 5k parkrun
- 7 Join the Ramblers for a walk
- 8 Join AFC Wimbledon Don Fit weekly circuit training
- 9 Walk the Merton Mile at Figges Marsh with friends
- 10 Download the Couch to 5k app
- 11 Download the Active 10 app and track your progress
- 12 Walk or cycle for one week instead of using the car
- 13 Take part in walking football at AFC Wimbledon
- 14 Challenge a friend to a game of squash at a Merton Leisure Centre
- 15 Play basketball in one of Merton's basketball courts
- 16 Join a walk with 'The Walk and Talk Movement'
- 17 Learn new dance moves by joining a class or learning on YouTube
- 18 Join a gardening club or volunteer with Sustainable Merton
- 19 Find out how your local park can make you more active
- 20 Explore what activities Wimbledon Guild have to offer
- 21 Try The Body Coach Joe Wicks workouts
- 22 Play a game of tennis in one of Merton's parks
- 23 Take part in an activity at one of our libraries
- 24 Use the QR code to access Merton's Activity Finder. It lists hundreds of free or low-cost activities