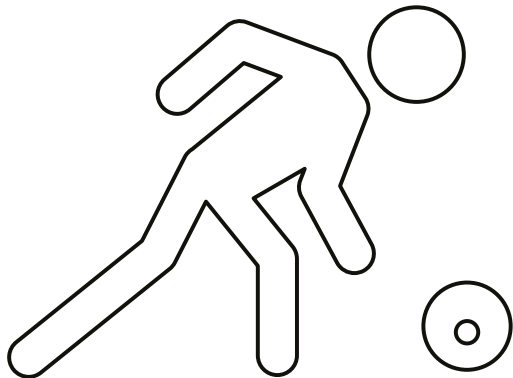


See how many of the following activities you can tick off during 2024.

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

Find more activities at www.getactive.io/area/merton



- 1 Take a stroll with a walking club, such as Wimbledon Walking Club or 'Walk and Talk' or the Ramblers
- 2 Take a Walking Football session with AFC Wimbledon or Fulham FC Foundation
- 3 Improve your strength and balance by taking a yoga class
- 4 Try an aqua aerobics class with Age UK Merton
- 5 Go wildlife spotting by taking a walk around Morden Hall Park
- 6 Attend the Walking Netball session at Canons Leisure Centre
- 7 Take a six week exercise pledge with Merton Moves
- 8 Walk in the Rose Garden at Morden Hall Park
- 9 Try the Couch to 5k app
- 10 Check out watersports activities in Wimbledon Park
- 11 Go swimming at a Merton Leisure Centre
- 12 Download the Happy and Active brochure and get active
- 13 After periods of sitting down at home, be active around the house
- 14 Try Age UK Merton's Line Dancing Class
- 15 Try out a seated exercise class at Wimbledon Guild
- 16 Check out NHS online chair-based pilates videos from the comfort of your home
- 17 Go play tennis with friends in one of Merton's parks
- 18 Try out the Wimbledon Common or Figges Marsh parkrun (Morden Park launching April 2024)
- 19 Play at your nearest public table tennis table in Merton
- 20 Try Tai Chi at South Mitcham Community Centre
- 21 Join a gardening club through Sustainable Merton
- 22 Join Attic Theatre's dancing group
- 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