

Stay active with Sustrans



# SPRING INTO ACTION!



Win a bike or scooter!



## Fitness Factoids

Your heart is a muscle that gets stronger with exercise.

Health specialists say that under 18s need to do 60 minutes of exercise every day

Exercise produces feel-good chemicals in your body called endorphins.

**The Challenge:** during your daily outdoor exercise time, go for a walk or a ride on your bike or scooter and take notice of some 'Signs of Spring' that you spot when you're out & about.

You can enter:

- Photos (individual or montage)
- Video clips (up to a minute)
- Drawings/paintings in any medium



Think about interesting subjects – spring plants, birds singing, something you hadn't noticed before. Try unusual camera angles... or focus in on some hidden detail... And add a one sentence caption to tell us about your journey and bring your entry to life.

## How to enter

- Upload your photo, video, or artwork to our Facebook page @SustransCornwall
- Or, if you prefer, send your entry to: [cornwall@sustrans.org.uk](mailto:cornwall@sustrans.org.uk)

**Deadline:** 12 noon on **Wednesday 31<sup>st</sup> March**

**A shiny new bike or scooter could be yours!**



## Spring-time Snippets

In the Spring, the Earth's axis begins to tilt towards the sun, bringing longer days & warmer weather.



When it is Spring in the Northern Hemisphere, it is Autumn in the Southern Hemisphere.



The Spring Equinox is when the day length is to the night and it marks the official beginning of spring. This year it's on 20<sup>th</sup> March.



## SHARE YOUR CREATIONS!

Pop your entry on our Facebook page [@sustranscornwall](https://www.facebook.com/sustranscornwall) or email them to [cornwall@sustrans.org.uk](mailto:cornwall@sustrans.org.uk)

Entrants must have the consent of a parent or guardian over the age of 18 to enter & entries must be uploaded by a representative adult over the age of 18.

\*Exercise the usual caution when walking, scooting or cycling and do not let the activity distract you from due care. Please adhere to government guidelines in relation to Covid-19; see [www.gov.uk/coronavirus](https://www.gov.uk/coronavirus) for current advice.

