

Hi everyone,

Hope you are all well and keeping active.

The new P.E challenge is to do as many steps as you can in 1 day.

If anyone has a step counter device please use that. If not there a number of free step counting apps you can get for mobile phones.

Currently I am getting my steps in by walking my dog in the evening, this little pup below:



I look forward to you sending me your totals, make sure you send me a picture of how you got them steps up as well.

keep active and safe

Mr Welsh

