

Fit For Action Club Challenge!!!

During the month of January we are encouraging as many clubs as possible to take part in this fitness challenge to see which club can be officially crowned the fittest in Essex!!



When.....

**Throughout January 2011
at your club. Call the office
to book your club in.**



- **Open to all young people aged 11-18 can be run as part of a club session.**
- **Results and Table will be posted and regularly updated on the EBGC website.**
- **You must have at least ten participants from your club to take part.**
- **Fit For Action programme contains challenges of press ups, sit ups, squats, standing jumps, lung capacity, sit and reach and grip test!**
- **Contact David on 01245 264 783 or email davids@essexboysandgirlsclubs.org for further information and to book your place.**