

# ACTIVE TEAMS



## HEARTSTRONG 600

**This February, aim for 600+ Minutes of Movement to keep you HeartStrong.**

Meet or exceed the 600+ minute goal and you could win one of two £25 gift vouchers! Every additional 100 minutes earns you an extra entry in the prize draw.

Join at: [www.activeteams.co.uk](http://www.activeteams.co.uk)