



BRIT CHALLENGE

Join in the 2023 BRIT Challenge. There are several different options to get involved at your own level of ability.

- There are 4 activities that the challenges are based around – walking, running, cycling and swimming (you can choose more than one if you want)
- All the challenges are based around this year's theme of 23
- Chose the challenge that suits your level of ability and confidence – easy, moderate or hard

To join in simply follow the instructions to download the new UCLan Moves app And sign up to the challenge(s) of your choice

