

Will you **ACTIV8** this month?

ACTIV8afriend

Join us & 'nudge' a friend, a bezzie,
a relleie or a mate on the eighth!

ACTIVE 8

Your chance to join women all over
the world getting ACTIVE together -
on the eighth of every month

This month:



Sponsored by
The MoveFit Show @MoveFit2017

MOVE FIT

ACTIV8afriend is FREE and OPEN movement to get more women more
ACTIVE by 'nudging' a friend - and encouraging community clubs/classes to
promote discounts/offers once per month.

Supported by a social media campaign:

 www.facebook.com/ACTIV8afriend  @WomenSportsWeek

Join us in your trainers or on social media each month on the EIGHTH.
www.WSNet.co.uk/ACTIV8

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ACTIVEMap 

