

Candlelighters

Move every day in May

A - Z of Movement

A

aerobics

B

bowls

C

cycling

D

dance

E

exercise
class

F

football

G

golf

H

hiking

I

ice
skating

J

jogging

K

kick
boxing

L

lifting
weights

M

martial
arts

N

netball

O

orienteeing

P

padel

Q

quoits

R

rugby

S

swimming

T

table
tennis

U

ultimate
frisbee

V

volleyball

W

walking

X

x-training

Y

yoga

Z

zumba



Share what you've been up to in the Move Every Day in May Facebook Group!

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Registered Charity No: 1045077

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REGULATOR