



12 Days of Fitmas





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The government recommends that young people (5-18 years) should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day, across the week.



We would love to see you all being active over the Christmas holidays! Please keep us updated with your efforts by uploading your photos/videos and using **#12DaysofFitmas** and tag our social media.



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