

WILL YOU DO  
20 IN 20?



MAKE YOUR 20 IN 20 PLEDGE AND BE PART  
OF MK'S EUROPEAN CITY OF SPORT YEAR

As part of Milton Keynes being named  
European City of Sport for 2020,  
we're asking you to make a pledge on  
**20th January** to be more active,  
based around the number 20.



The pledge could be to do 20 minutes of  
exercise three times each week, swim 20  
lengths, take part in 20 park runs, or walk  
around 20 places that you've never visited  
before – whatever you feel comfortable doing!



We'd like as many people as possible to make  
their pledge on 20 January 2020 and to use the  
hashtag **#MK20in20** on social media so others  
can be inspired.



For more details follow:

[www.facebook.com/activeMK](https://www.facebook.com/activeMK)

or visit: [www.milton-keynes.gov.uk/ecos](http://www.milton-keynes.gov.uk/ecos)

