



Get

ACTIVE

Join the challenge  
and support Vetlife

Boost your physical and mental wellbeing this October with an individual or team challenge to get fit, have fun and fundraise for Vetlife.

Whether it's walking, running, cycling, horse riding, paddle boarding, rock climbing or yoga – get yourself moving and join in the fun.

ACTIVE  
october

In support of **vetlife**

 Vetlifecharity  @VetlifeUK  @VetlifeUK

Read more at  
[vetlife.org.uk/ActiveOctober](https://vetlife.org.uk/ActiveOctober)