

JOIN OUR

28 DAY BURPEE CHALLENGE

[SIGN UP TODAY](#)

WOULD YOU LIKE TO ADD SOME PHYSICAL
ACTIVITY INTO YOUR DAILY ROUTINE,
AND HAVE SOME FUN?

EVERYONE WELCOME TO JOIN OUR CHALLENGE!
3 BURPEE VARIATIONS TO CHOOSE FROM:
CHOOSE A MOVEMENT TO SUIT YOUR FITNESS LEVEL!

Have a question?

[Contact - william.moore@belfasttrust.hscni.net](mailto:william.moore@belfasttrust.hscni.net)

