

# NEW YEAR CHALLENGE!

## Part 1: JANUARY WALKING



### BAM have first peak at new GM Walking activity packs!

Join BAM families on Zoom and learn how to use the packs.

Plus join the WhatsApp group to share your thoughts and help motivate each other!

Contact your  
BAM worker to  
join in and we'll  
post you a pack!

#### Walking Wellbeing Zooms

Thursday 14th Jan @ 11am

Thursday 21st Jan @ 11am

Monday 25th Jan @ 11am

### Check out the BAM Walking Map for great local walking routes:

Helen's Walk



Salford Quays  
M50 3AZ

BAM Volunteer Walk



Hulme Park  
M15 4ZY

[CLICK FOR A VIDEO!](#)

BAM Family Walk



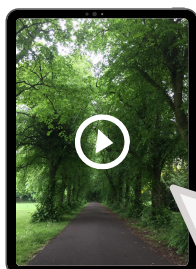
Chadderton Hall Park  
OL9 0QB

BAM Family Walk



Brookdale Park  
M40 1GJ

BAM Family Walk



Birchfields Park  
M14 5JU

[CLICK FOR A VIDEO!](#)

Maddie's Walk



Charlton Water Park  
M21 7WH

Amy's Walk



Debdale Park  
M18 7LJ

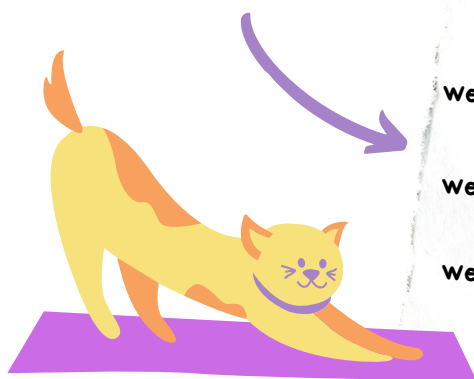


# Part 2: YOGA

## My Yoga Challenge

- Draw a grid with the days of the week
- Write down what you want to do on days that suit you - we've linked some great videos below to get you started
- What are the kids' favourite videos?
- Try a mix of calming and energetic yoga, with some *you time* and *family time*
- Remember be kind to yourself, a little goes a long way!

BAM Yoga with Flo is on every Tuesday in January at 5pm!

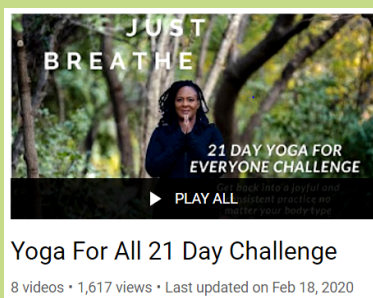


	monday	tuesday	wednesday	thursday	friday	saturday	sunday
week 1	Jessamyn beginner video	BAM yoga zoom 5pm					Kids choose!
week 2	Deep breathing	BAM yoga zoom 5pm		Dianne chair yoga			
week 3		BAM yoga zoom 5pm				Yoga with Adrienne	

Click on any of the YouTube yoga channels below:



**Jessamyn Stanley: Yoga for Absolute Beginners**



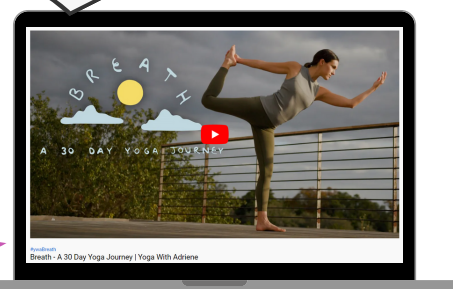
**Dianne Bondy: 21 Day Accessible Yoga Challenge**



**DJ Townsel: Yoga for Men**



If you'd like a bigger challenge there's still time to join BAM staff and **Yoga with Adriene** as she releases a new 30 - 40 minute video every day in January!



## Need some support?

**Manchester Mind Listening Service:**

Age 25+ / 0161 769 5732 / 10am - 2pm / [manchestermind.org/listening-service-for-adults/](https://manchestermind.org/listening-service-for-adults/)

**Barnardo's Black, Asian and Minority Ethnic Family Covid-19 Helpline:**

Age 11+ / 0800 1512605 / 10am - 8pm / [helpline.barnardos.org.uk/](https://helpline.barnardos.org.uk/)