

#LETSGETLARRIESMOVING



LARRIES MOVEMENT CHALLENGE

HEALTHY BODIES

HEALTHY MINDS

HEALTHY CLUBS

St. Laurences GAA Movement Challenge.

#LETSGETLARRIESMOVING

#GAAHEALTHYCLUB

St. Laurences GAA club are running a movement challenge for everyone to keep active.

The challenge will start on Monday the 15th of March and continue until Sunday the 4th of April.

Any participant who walks or runs over 110 KMs by the end of the challenge will be entered into a draw with the chance to win a year long subscription to the New Club Lotto that launches on the 5th of April. There will also be prizes for the biggest steppers at the end of the challenge.

To join the challenge follow these simple steps:

1. Download the My Life App (Irish Life) and create an account.
2. Fill out the form attached in the link below.
3. St Laurences GAA will then add you as a friend and once you accept, you will be invited to take part in the movement challenge.

If you have any enquiries contact
pro.stlaurences.kildare@gaa.ie

https://forms.office.com/Pages/ResponsePage.aspx?id=hrxFrNSvpUKfwz6H4bd_zsfRmDt_t7VLI_H5IHvamHFUQjVKTlpDOEMzTDBETEE3M1U3MUdCQzRWNY4u