

Couch 2 Christmas

Step Up Newcastle is a campaign run by Active Newcastle to get people more active by walking and moving more in their day-to-day lives. Participants count their steps every day and add them to the overall total using the app or website. Participants can convert any activity into steps . So, whether you are a shuffler, moocher or a marcher get involved in the fun challenges and take part.

Use the new Step up Newcastle app or website to record your steps create a local community log and create a grand total for the City.

Each week Couch 2 Christmas will encourage you to take part in 2 fun activities of your choice, and one additional smaller festive challenge that will be set by Active Newcastle/and This Girl Can Newcastle. If you attempt this additional challenge you can choose to be entered into the weekly prize drawer.

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Organiser: Active Newcastle

Useful Organisations

Active Newcastle

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