**National Fitness Day 2018**
Encouraging the nation to celebrate the fun of fitness and physical activity across the UK

National Fitness Day will kick off in London at the Guildhall Courtyard with an incredible line-up of sports stars and mass participation workouts.

Star judge of BBC’s Strictly Come Dancing Darcey Bussell will be in the heart of central London to get National Fitness Day underway from 7.30am.

Team GB’s Olympic gold medallists, Alex Danson and Max Whitlock will join former athlete Colin Jackson in supporting the event which also has lunchtime activity sessions.

National Fitness Day highlights the role physical activity plays across the UK, helping to raise awareness of its importance in helping people lead healthier and active lifestyles.

The day was founded back in 2011 by the énergie Group before gifting National Fitness Day to ukactive in 2014 who have proudly worked to grow the event year on year.

The aim is to establish National Fitness Day as the most active day of the year by engaging a range of audiences from the inactive to the already active across a variety of settings from the home to the high street, the office to the gym.

They are encouraging thousands of clubs, parks, leisure centres, and gyms across ukactive’s membership to open their doors to welcome the public to get active.

**How can I get involved in National Fitness Day?**

Get active and join in

There are many FREE events and exciting activities taking place throughout the day across the country that you can enjoy with your friends, family and colleagues.

You can find out about what’s happening in your local area by subscribing to the activity finder and entering your postcode. You can also get involved on social media throughout the day by joining in with #Fitness2me

Get your school involved

There’s a simple activity for schools to celebrate the day by doing ten minutes of physical activity at 10am on National Fitness Day. Schools who register will be provided with digital toolkits with digital workouts, activities and games to support them on the day. Get your school involved and register now.

Get your workplace off to a flying start

Research suggests employees who start the day being active enjoy lower stress levels, are better decision makers, have more energy, and most importantly, are happier.

And this National Fitness Day, AXA PPP healthcare are asking workplaces all around the country to push back the start of the working day by an hour, here’s why.

Find out more <https://www.nationalfitnessday.com/>