# WEDNESDAY'S CHALLENGE



Task: Complete our colouring task, also can you learn something new from our fact files about famous people who have used their experiences to grow.





#### #MentalHealthAwareness #LetsTalk

SHARE A PHOTO OF YOUR CHALLENGE WITH @MOVEMORECIO ON SOCIAL MEDIA & YOU MAY WIN A FREE DAY AT OUR ACTIVITY CAMP! ③ 5



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## **GROWTH STORIES**



### Sky Brown

The youngest ever olympic medalist at 13.
BBC sports personality of the year.

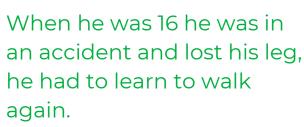
Sky has suffered lots of injuries and failure in her sport, she has used these to inspire her to keep working hard to learn new skills and be the best she can be.

Even though she has achieved so much, she now wishes to be equally successful in surfing and new sports too.

## **Andy Lewis**

Multi winning gold medalist triathlete.

Andy struggled in school with mental and physical health yet loved physical activity.



He then went on to learn to run, cycle and swim well enough to be an olympic champion



