



20 things to do to celebrate 20 years of INWA

NAME: _____

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| 1. | Nordic Walk during sunrise | |
| 2. | Nordic Walk by a lake, river or sea | |
| 3. | Say "Happy Birthday" to INWA in a video | |
| 4. | Nordic Walk a parkrun or other 5km event | |
| 5. | Post a video of yourself Nordic Walking on YouTube, Facebook or your website. Email a copy to us | |
| 6. | Create an image of #INWA20Years using people and their poles | |
| 7. | Nordic Walk on 20 days in 2020 | |
| 8. | Introduce a friend to Nordic Walking | |
| 9. | Make a funny Nordic Walking video and email it to us | |
| 10. | Do a Nordic Walk for charity | |
| 11. | Nordic Walk with 20 people you've never met before | |
| 12. | Volunteer at a Nordic Walking event or help a Nordic Walking instructor | |
| 13. | Nordic Walk in a forest #shinrinyoku #ForestAirBathing | |
| 14. | Nordic Walk in a foreign country | |
| 15. | Nordic Walk a virtual race www.virtualrunner.co.uk | |
| 16. | Extreme Nordic Walking – video yourself in an unusual place or unusual clothing | |
| 17. | Nordic Walk a combined 2020km with a group of friends | |
| 18. | Take part in a picnic Nordic Walk – post your photos on social media | |
| 19. | Nordic Walk during sunset | |
| 20. | Nordic Walk at night and identify a constellation new to you | |

Hashtags:

#INWA20Years #BritNW #WeAreNordicWalking
#NordicWalking #WorldNordicWalkingDay



We are

**Nordic
Walking**

20 things to do to celebrate 20 years of INWA



2020 sees the 20th anniversary of the International Nordic Walking Federation and British Nordic Walking is encouraging all our Nordic Walkers to celebrate and spread the word.

How does the 20 things to do... challenge work?

Simply print off the form and tick off the items as you complete them. It's as simple as that.

20 things to do... is a fun challenge that you can carry out throughout the year at your own pace, joining with others to meet the challenge is very much encouraged!

Do you get a reward for completing the 20 things to do... challenge?

It's a fun challenge and your success is in your hands. We won't be asking for proof that you have completed them all but if you're happy with your performance you will be able to email a scan of your completed form to us (info@britishnordicwalking.org.uk) or post to and we will be able to acknowledge your efforts in our online roll of honour.

You'll be able to treat yourself to a medal through our online shop.

Spreading the Nordic Walking word through 20 things to do...

This is a great opportunity for us all to help spread the Nordic Walking word through social media. That's why we're asking you to share your videos and photos on the social media platforms of your choice and to send them through to us (info@britishnordicwalking.org.uk). Any videos or photos you send might be used by us on our website, social media or other publicity, as well as by INWA, so please make sure that everyone featured has consented to this use. It is all in a good cause!

Feel free to use any of the recommended hashtags – this will enable us to keep share and engage with your posts.

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