

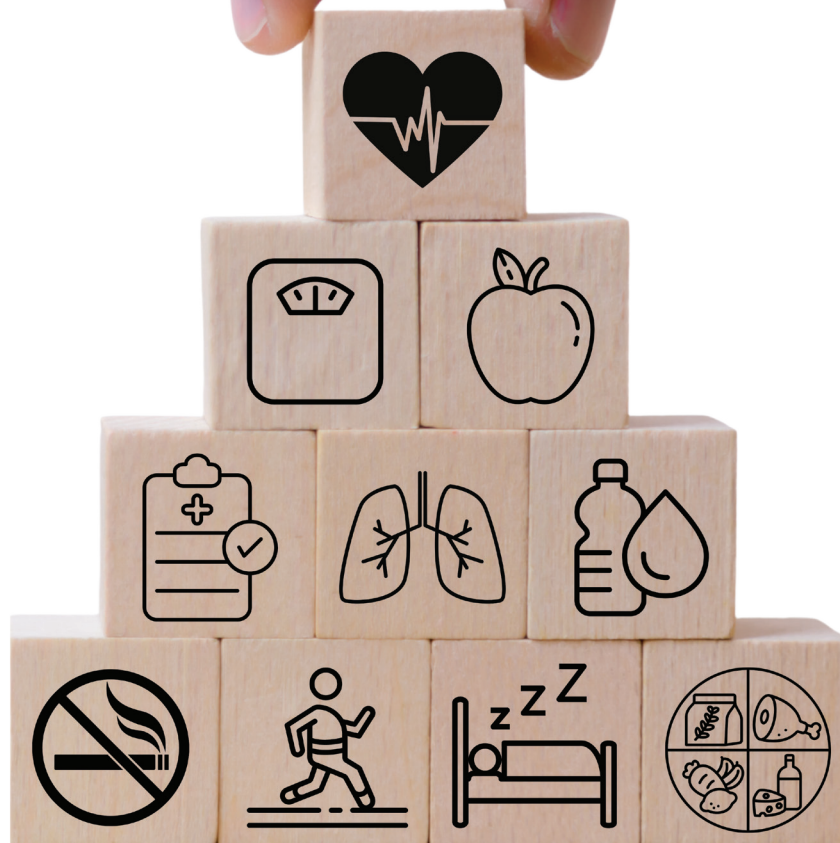
# The beach is a great place to get active!

Grab your grown-ups and take a walk along the beach. Getting out in the fresh air makes everyone feel good, so why not make the most of all the beautiful outdoor spaces in our local area. Tick off the items on the scavenger hunt, but don't bring them home - ask your grown-up to take a photo instead! You can even tag @ArunWellbeing in a social media post.

<p><b>Crab</b></p>  <input type="checkbox"/>	<p><b>Seashell</b></p>  <input type="checkbox"/>	<p><b>Flip flops</b></p>  <input type="checkbox"/>	<p><b>Sailing boat</b></p>  <input type="checkbox"/>
<p><b>Seagull</b></p>  <input type="checkbox"/>	<p><b>Paddleboard</b></p>  <input type="checkbox"/>	<p><b>Footprints</b></p>  <input type="checkbox"/>	<p><b>Sandworm trails</b></p>  <input type="checkbox"/>
<p><b>Hat</b></p>  <input type="checkbox"/>	<p><b>Kite</b></p>  <input type="checkbox"/>	<p><b>Sand castle</b></p>  <input type="checkbox"/>	<p><b>Umbrella</b></p>  <input type="checkbox"/>
<p><b>Sunglasses</b></p>  <input type="checkbox"/>	<p><b>Striped beach towel</b></p>  <input type="checkbox"/>	<p><b>Seaweed</b></p>  <input type="checkbox"/>	<p><b>Dinghy</b></p>  <input type="checkbox"/>
<p><b>Pier</b></p>  <input type="checkbox"/>	<p><b>Lifeguard flag</b></p>  <input type="checkbox"/>	<p><b>Bucket and spade</b></p>  <input type="checkbox"/>	<p><b>Ice cream</b></p>  <input type="checkbox"/>



**We provide FREE services  
to help adults improve their health.**



*arun wellbeing*

- One-to-One Advisers
- NHS Health Checks
- Workplace Wellbeing
- Healthy Eating
- Stop Smoking
- Pre-diabetes
- Alcohol Reduction
- Wellbeing Checks
- Sleep Support

**Our services are available in:**



[www.arunwellbeing.org.uk](http://www.arunwellbeing.org.uk)  
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