

**SIGN UP
FOR**

#HEALTHYSWAPS
healthyswaps.parkrun.org.uk

**RUN
YOUR
FIRST
PARKRUN**

**TAKE A
FRIEND TO
PARKRUN**

**RUN 3
PARKRUNS
TO RECEIVE A
CO-OP T-SHIRT**

**TAKE A SELFIE
IN YOUR T-SHIRT
AND UPLOAD TO
SOCIAL MEDIA**

**TRY ONE
OF THE
#HEALTHYSWAPS
RECIPES**

**ACHIEVE
A NEW
PERSONAL
BEST**

**TRY A
NEW
PARKRUN**

**RUN
5
PARKRUNS**