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You have been invited to join in the Move More Month by a Move More Maker



July is Move More Month.

Move More wants to get over 50,000 Sheffield people recording their activity across the month of the Rio Olympic Games.

How to get involved...

Download the 'Move More Sheffield' app, and carry your phone with you to record the activity you do. No buttons to press – the app does everything for you. These Move More Minutes will enable you to understand and compare your movements, compete in competitions, and contribute to a city grand total across the month of July.

There are a huge range of associated activities planned across the month, and the opportunity to convert your minutes into points and prizes! Let's go Sheffield!

Search 'Move More Sheffield'



#everyminutecounts