

# SUMMER MONTHS OF MOVEMENT WELCOME CHALLENGE 2023

Hello and a huge welcome to the start of your exciting time with us in the **Department of Sport, Exercise and Rehabilitation** at Northumbria! We are so glad you decided to join us and we can't wait to get to know all of you!

To these ends, we would like you to introduce yourself and let us know how you are staying active during your last summer before starting uni.

**First**, we would like you to follow us on twitter **@NUSportEx**.

**Then**, we would like you to tag us into a tweet (text, picture or video) that shows us how you are enjoying your summer months of movement. For example, you can upload a photo from a great bike ride, hike or stand-up paddleboard session that you enjoyed during the summer. Or, for those of you involved in sport, a tweet from a pre-season session, or after your first competition might be the best way to introduce yourself. Don't worry, you don't need to be in any pictures, but your post should tell us how you are enjoying your summer months of movement.

Add the hashtag **#SUMMEROFMOVEMENT** and your **PROGRAMME OF STUDY** (E.G., **#NUCOACHING**, **#NUSPORTSCIENCE**, **#NUPHYSIO**, **#NUSPORTMANAGEMENT**, **#NUSPORTFOUNDATION**, **#NUNUTRITION**) in the text.

Complete your tweet by **October 1<sup>st</sup>** and remember to add the hashtag for your program of study.

**The best tweets will receive a departmental prize!**

Happy tweeting!

# ***THIS IS ME***



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