



Lambeth is being transformed into a giant community-wide game!

From 22 June to 3 August join your community team to earn points, get active and win prizes in this free, fun, 6-week walking and cycling game.

Let's boost physical and mental health

Being physically active improves physical and mental health and boosts mood, immunity and relieves stress. Beat the Street helps you remain active even after the game.

On your marks... Grab your cards

You will be given a card to use along with the map. Use the card to play the game and collect those all-important points.

Get set... Register for prizes and more

Register your card at beatthestreet.me/lambeth to win prizes, track scores, join our health survey to earn extra points, and get the latest information about the game.

Go! Find your local Beat Box

1. Explore your local area, finding Beat Boxes using the map.
2. Hover your card at the contactless Beat Box until it beeps and flashes.
3. Visit 2 Beat Boxes within an hour and collect 10 points for each Beat Box – this is 20 points for the journey.
4. Carry on your journey. Score 10 points for each extra Box you visit.

Be COVID-19 safe while Playing Beat the Street

- Beat the Street Beat Boxes are contactless so it's a perfect way to exercise and have fun with friends outdoors.
- Don't touch cards belonging to others
- Wash your hands after playing!

Every week there is a new 'Go' challenge to keep you busy, active and having fun. Keep your eyes peeled for **Go Play, Go Travel, Go Active, Go Wild, Go Explore and Go Celebrate** – visit the website at beatthestreet.me/lambeth to see what's on.

Any questions? Visit beatthestreet.me to find out more!

Have fun!



Beat the Street Lambeth has been commissioned by Lambeth Borough Council with support from the National Lottery via Sport England. It is being delivered by Intelligent Health.

