



#KentMoves2Rio

Meet our athlete

Name: Tom Bosworth
Event: Athletics, Men's 20km
Race Walk
Age: 26
District: Sevenoaks
Twitter: @TomBosworth
Current rank: UK no.1



Tom has recently broken British records in the 3km, 5km and 10km race walk distances. Cheer him on in the 20km race walk on **12th August**.

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Join in

Walking is fantastic for body and mind. Why not strengthen your legs and hips by doing this high knee exercise while you watch Tom do his thing in Rio!

High knee exercise



From a standing position, raise your right knee as high as you can towards your chest, and lower back down. Repeat with your left leg.

How many can you do?



10 steps



20 steps



50 steps



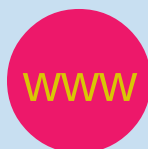
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Feeling inspired?



To find out more about walking in Kent, visit explorekent.org

To find your perfect sport or physical activity, take our quiz at kentsport.org/quiz



To find activities in your area, search at kentsport.org/activityfinder

kentsport.org/kentmoves2rio