



# Free sports session with £30 Aldi shop!

To help keep your kids entertained this summer, Aldi has teamed up with Team GB and ParalympicsGB to bring your kids a taste of over 50 sports!

Every time you spend over £30 in Aldi you will receive a unique code which can be redeemed against one free sports session for your child.

One session could spark a lifelong passion for sport!

Scan the QR code to explore which sports are on offer in your area and collect your unique code every time you spend £30 in Aldi from 19 June 2023.



"This initiative is an amazing way of getting your kids involved in new sports this summer without running up huge bills! So race instore now to get involved"

**Max Whitlock OBE,  
Triple Olympic  
Champion**







# Get Set to Eat Fresh summer challenges!

Try something new this summer! Use the Get Set to Eat Fresh 'Try Dice' game to hone your new sporting skills and discover hidden talents!

Roll a dice (or pick a number) each day to choose your challenge.

## 1. Make up a new sport

Combine the best bits of your favourite Olympic and Paralympic sports to make something new! Why not teach it to your friends and family, too?!

## 2. Whitlock workout

Gymnasts like Max Whitlock need excellent balance, speed and strength. Choose an exercise to build one of these skills then try to beat your high score – practice makes progress!

## 3. Conroy challenge

Wheelchair basketball star Amy Conroy needs accurate shooting skills. Scrunch a paper ball and pick a target. How many shots can you make in one minute? Can you beat your score?

## 4. Recreate an Olympic or Paralympic sport

You don't need a pool to swim, the sea to surf or bats to play table tennis! See what items you can find around the house to recreate your favourite sports.

## 5. Create an 'eat fresh' dance routine

Breaking, or break-dancing, is a brand-new sport for Paris 2024. Can you create your own dance moves inspired by your favourite fruits and vegetables? Put on a track and create!

## 6. DIY Boccia

With a friend, take turns throwing or rolling three balls towards a marker. Whoever gets their ball closest to the marker wins. Try moving the marker further away each round!

Show off your skills using #GetSetEatFresh or explore how great food powers great performances with more activities at: [getseteatfresh.co.uk](https://getseteatfresh.co.uk)