

# Being more active

## Prompt Card



**Don't dream  
of winning.  
Train for it.**

Sir Mo Farah



**Sir Mo Farah**, CBE, is a multiple Olympic, World and European champion. He arrived in London from Somalia aged 8. Mo grew up in West London and began running at school encouraged by his PE Teacher. He won Olympic gold at Rio 2016 despite falling over in the final!

**P.S. There's more help on getting active in the Start Bouncing section of the Bounce Back website: [www.bouncebacknewham.co.uk](http://www.bouncebacknewham.co.uk)**