"I've decided to beat the winter blues in my local gym this RED January."

REDer, Trojan

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"I've decided to beat the winter blues with a daily walk or run this RED January."

REDer, Jarnail

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REDer, David

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"We're going to beat the winter blues by getting outside to play each day this RED January."

REDers, Delilah and Quinn

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REDer, Natasha

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"We're going to beat the winter blues with a daily walk this RED January."

REDer, Claire

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"We're going to beat the winter blues as a family this RED January."

REDers, Delilah, Zara, Quinn and Ozzy the dog

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"We've decided to beat the winter blues by trying new activities this RED January."

REDer, Mandy

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"I've decided to beat the winter blues by joining my local running club this RED January."

REDer, Laura

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