

Sponsored Fitness Challenge

Test your physical abilities with a fitness challenge. Even better if you can incorporate it into your challenge training!

Getting ready

- Decide what your sponsored challenge will be. A sponsored walk? A 10,000 steps a day challenge? A 24-hour team cycle?
- Tailor it to your interests and skills. Or maybe do the opposite! If your friends and family know you're pushing yourself outside of your comfort zone, they'll be more likely to donate generously!

During the challenge

- Make sure you post updates on your JustGiving page and social media. You can link your fitness apps (e.g. Strava) to your JustGiving page

Top tip

- Ask for donations which equate to something in your challenge. E.g. "for every £X donated, I'll run 1K".

