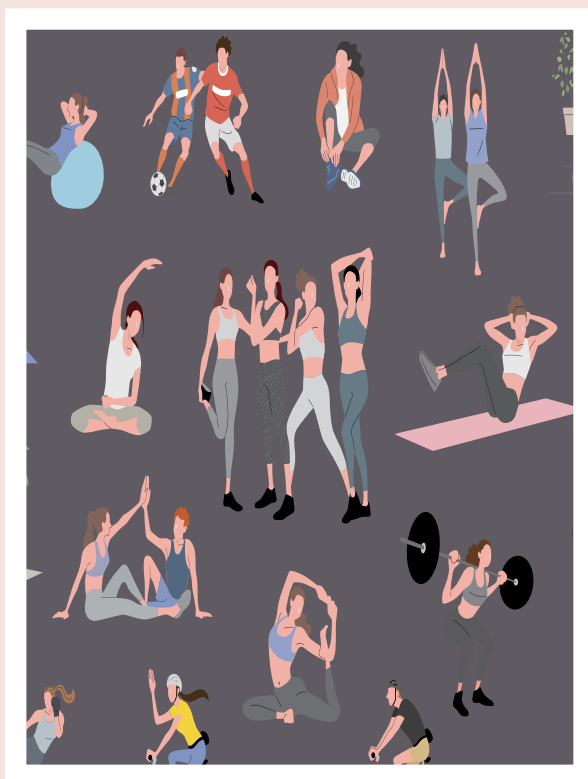


# Adventures with De Montfort University

Empower your body and mind while making a difference and providing opportunity for our students.



## CHALLENGE FUNDRAISING TOOLKIT

A guide to help you set up your own fundraising challenge for DMU.



# Welcome to Team DMU!

This toolkit is here to help you and to make your fundraising journey with DMU as easy and hassle-free as possible. Throughout this document you will find a selection of challenges and events that are happening in and around Leicestershire, the UK, and worldwide (if you haven't already picked your challenge). If you'd rather do your own personal challenge in the comfort of your own surroundings and with your own athletic abilities in mind, you can find a list of ideas we've put together. You can also find Hints and Tips on how to utilise your fundraising and how to stay motivated when training. Lastly we have further details on how your fundraising will make a difference to the students of De Montfort University.

## Join our community

Why not join our community of Team DMU Fundraisers in our [Adventure with DMU Network](#) on the Alumni Hub and share your journey with likeminded individuals!

If you need further support with your fundraising journey or have any questions or enquiries, please contact Paisley Tomlinson directly at:

[paisley.tomlinson@dmu.ac.uk](mailto:paisley.tomlinson@dmu.ac.uk)  
(+44 07870560543)

[WWW.DMUFORLIFE.ORG](http://WWW.DMUFORLIFE.ORG)



# Table of contents

## ORGANISED OPPORTUNITIES

- 4. Running challenges
- 8. Triathlon, duathlon, aqua bike, aquathlon, swim and run races
- 10. Cycling challenges
- 11. Swimming challenges

## CHOOSE YOUR OWN CHALLENGE

- 13. Get your steps in
- 14. Involve your pets!
- 15. Strength exercises
- 16. Treks and hikes
- 17. Cycling
- 18. Not feeling physical?

## FUNDRAISING

- 19. The power of JustGiving
- 20. Setting up your account
- 21. How to utilise your page

## HOW YOU CAN MAKE A DIFFERENCE

- 23. Scholarships
- 24. The Opportunities Fund
- 25. Hear from our very own
- 26. The power of Gift Aid

## MOTIVATIONS, TIPS AND ADVICE

- 27. Staying motivated
- 28. Warm up and stretches

# Organised opportunities

Challenges available to you in and around Leicestershire



For the comprehensive list of challenges you can choose from, please visit the Alumni Hub for more information.

[WWW.DMUFORLIFE.ORG](http://WWW.DMUFORLIFE.ORG)

## RUN FOR REDFERN

SUNDAY 10 MARCH 2024, LEICESTER

[www.justgiving.com/campaign/adamsfund](http://www.justgiving.com/campaign/adamsfund)



## RUN LEICESTER HALF MARATHON

SUNDAY 13 OCTOBER 2024, LEICESTER

[www.runleicester.co.uk](http://www.runleicester.co.uk)



## TUNNEL VISION

THURSDAY 7 - FRIDAY 8 NOVEMBER 2024, MARKET HARBOROUGH

[www.letsdothis.com](http://www.letsdothis.com)



# RUNNING CHALLENGES

# Organised opportunities

Challenges available to you in and around Leicestershire



For the comprehensive list of challenges you can choose from, please visit the Alumni Hub for more information.

[WWW.DMUFORLIFE.ORG](http://WWW.DMUFORLIFE.ORG)

## LEICESTERSHIRE CHASE THE SUN

DATE TBC 2024, LOUGHBOROUGH  
[www.chasethesunseries.com](http://www.chasethesunseries.com)



## LEICESTERSHIRE RUNNING FESTIVAL

SUNDAY 3 NOVEMBER 2024,  
LOUGHBOROUGH  
[www.leicestershire10k.com](http://www.leicestershire10k.com)



# RUNNING CHALLENGES

# Organised opportunities

Challenges available to you across the UK and world



For the comprehensive list of challenges you can choose from, please visit the Alumni Hub for more information.

[WWW.DMUFORLIFE.ORG](http://WWW.DMUFORLIFE.ORG)

## LONDON LANDMARK 1/2 MARATHON

SUNDAY 7 APRIL 2024, LONDON

[www.llhm.co.uk](http://www.llhm.co.uk)



## LONDON MARATHON

SUNDAY 21 APRIL 2024, LONDON

[www.tcslondonmarathon.com](http://www.tcslondonmarathon.com)



## THE BIG HALF

SUNDAY 1 SEPTEMBER 2024, LONDON

[www.thebighalf.co.uk](http://www.thebighalf.co.uk)



# RUNNING CHALLENGES

# Organised opportunities

Challenges available to you across the UK and world



For the comprehensive list of challenges you can choose from, please visit the Alumni Hub for more information.

[WWW.DMUFORLIFE.ORG](http://WWW.DMUFORLIFE.ORG)

## VITALITY LONDON 10,000 (10K)

SUNDAY 22 SEPTEMBER 2024, LONDON

[www.vitalitylondon10000.co.uk](http://www.vitalitylondon10000.co.uk)



## THE BIG MILE

DATE TBC 2024, LONDON

[www.thebighalf.co.uk/the-events/the-big-mile](http://www.thebighalf.co.uk/the-events/the-big-mile)



# RUNNING CHALLENGES

# Organised opportunities

Challenges available to you across the UK and world



For the comprehensive list of challenges you can choose from, please visit the Alumni Hub for more information.

[WWW.DMUFORLIFE.ORG](http://WWW.DMUFORLIFE.ORG)

## HEVER CASTLE

SATURDAY 25 - SUNDAY 26 MAY 2024,  
KENT

[www.castleraceseries.com](http://www.castleraceseries.com)



## LOUGH CUTRA CASTLE

SATURDAY 25 - SUNDAY 26 MAY 2024,  
IRELAND

[www.castleraceseries.com](http://www.castleraceseries.com)



## CHÂTEAU DE CHANTILLY

SATURDAY 8 - SUNDAY 9 JUNE 2024,  
FRANCE

[www.thebighalf.co.uk](http://www.thebighalf.co.uk)



**TRIATHLON, DUATHLON, AQUA BIKE,  
AQUATHLON, SWIM & RUN RACES**



# Organised opportunities

Challenges available to you across the UK and world



For the comprehensive list of challenges you can choose from, please visit the Alumni Hub for more information.

[WWW.DMUFORLIFE.ORG](http://WWW.DMUFORLIFE.ORG)

## CHOLMONDELEY CASTLE

SATURDAY 22 - SUNDAY 23 JUNE 2024,  
CHESHIRE

[www.castleraceseries.com](http://www.castleraceseries.com)



## OUTLAW NOTTINGHAM WEEKEND

SATURDAY 27 - SUNDAY 28 JULY 2024,  
NOTTINGHAM

[www.ridelondon.co.uk](http://www.ridelondon.co.uk)



## HEVER CASTLE COMMANDO

SATURDAY 12 - SUNDAY 13 OCTOBER 2024,  
KENT

[www.castleraceseries.com](http://www.castleraceseries.com)



TRIATHLON, DUATHLON, AQUA BIKE,  
AQUATHLON, SWIM & RUN RACES

# Organised opportunities

Challenges available to you across the UK and world



For the comprehensive list of challenges you can choose from, please visit the Alumni Hub for more information.

[WWW.DMUFORLIFE.ORG](http://WWW.DMUFORLIFE.ORG)

## FORD RIDELONDON 100/60/30

SUNDAY 26 MAY 2024, LONDON

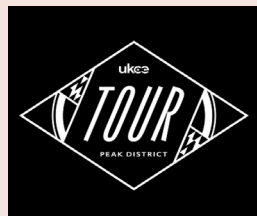
[www.ridelondon.co.uk](http://www.ridelondon.co.uk)



## THE PEAKS TOUR

SATURDAY 28 SEPTEMBER 2024, PEAK DISTRICT

[www.ukcyclingevents.co.uk](http://www.ukcyclingevents.co.uk)



## PURITY BREWING CO SPORTIVE

SATURDAY 14 SEPTEMBER 2024, ALCESTER

[www.timeoutdoors.com](http://www.timeoutdoors.com)



# CYCLING CHALLENGES

# Organised opportunities

Challenges available to you near Leicestershire and across the UK



For the comprehensive list of challenges you can choose from, please visit the Alumni Hub for more information.

[WWW.DMUFORLIFE.ORG](http://WWW.DMUFORLIFE.ORG)

## SALTY SEA DOG LONG SWIM

AUGUST 2024, BOURNEMOUTH

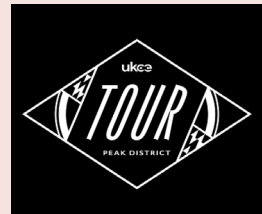
[www.votwo.co.uk](http://www.votwo.co.uk)



## SWIM SERPENTINE

DATE TBC 2024, LONDON

[www.swimserpentine.co.uk](http://www.swimserpentine.co.uk)



# SWIMMING CHALLENGES

# Not found what you're looking for?

If you haven't found the challenge that you are looking for why not check out **Let's Do This:** [www.letsdothis.com/gb](http://www.letsdothis.com/gb) where you can find challenges on all the following:

Running

Half Marathons

Marathons

Ultramarathons

Triathlons

Super-Sprint Triathlons

Sprint Triathlons

Half Ironman Triathlons

Ironman Triathlons

Challenge Events

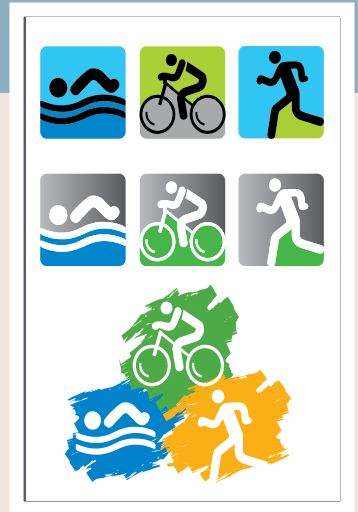
Obstacle Races

Road Cycling

Swimming

Swimrun

Duathlon



# Moments MAKE US

Whether you run, cycle, swim, climb, or clamber... for the heat of the competition or fun with friends... Let's Do This will help you find, book and share your next momentous experience.

# Choose your own challenge

Here are some ideas we've put together to help you get started on your Challenge Fundraising journey.

[WWW.DMUFORLIFE.ORG](http://WWW.DMUFORLIFE.ORG)

Fundraise your way ... Develop and plan your own challenge, playing to your own athletic abilities.



- **10K A DAY IN MAY**
- **10,000 STEPS A DAY FOR 10 DAYS**
- **31KM YOUR WAY (31 YEARS SINCE DMU GOT ITS NAME)**
- **BUDDY UP AND WALK/RUN ANY DISTANCE OF YOUR CHOOSING**
- **COUCH TO 5K**

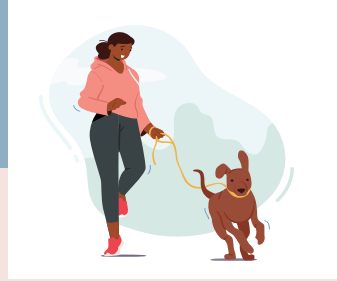
## STEP UP TO THE CHALLENGE

# Choose your own challenge

Here are some ideas we've put together to help you get started on your Challenge Fundraising journey.

Fundraise your way ... Develop and plan your own challenge, playing to your own athletic abilities.

[WWW.DMUFORLIFE.ORG](http://WWW.DMUFORLIFE.ORG)



- **HOST A DOG SHOW (INCLUDE TRICKS, OBSTACLES AND EVEN DANCING!)**
- **WALK 100K IN ONE MONTH (WORK TO BOTH YOURS AND YOUR PETS ABILITIES)**
- **BUDDY UP AND CALL ON FELLOW DOG-WALKING FRIENDS FOR A COMMUNITY WALK**
- **TRY A MUDDYDOG OBSTACLE COURSE RUN BY BATTERSEA DOGS HOME (WWW.MUDDYDOG.BATTERSEA.ORG.UK)**

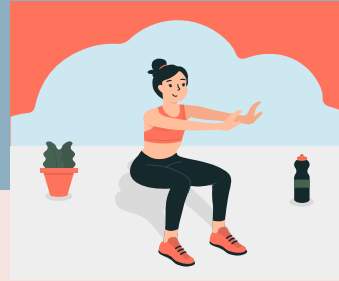
## NEED SOME EXTRA LEGS?

# Choose your own challenge

Fundraise your way ... Develop and plan your own challenge, playing to your own athletic abilities.

Here are some ideas we've put together to help you get started on your Challenge Fundraising journey.

[WWW.DMUFORLIFE.ORG](http://WWW.DMUFORLIFE.ORG)



- **50 SQUATS A DAY FOR A MONTH**
- **75 BURPEES A DAY FOR A WEEK**
- **100 SIT UPS A DAY FOR A WEEK**
- **ADAPT TO YOUR OWN ABILITIES; BURPEES, SQUATS, SIT UP, CRUNCHES OR LUNGES. (WITH THE AMOUNT AND DURATION OF YOUR CHOOSING)**

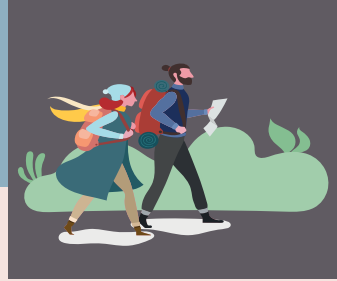
## DOING DIDDLY SQUAT

# Choose your own challenge

Fundraise your way ... Develop and plan your own challenge, playing to your own athletic abilities.

Here are some ideas we've put together to help you get started on your Challenge Fundraising journey.

[WWW.DMUFORLIFE.ORG](http://WWW.DMUFORLIFE.ORG)



- **TREK/HIKE YOUR OWN CHALLENGE, USING YOUR OWN SURROUNDING AREAS**
- **TAKE ON A BIG CHALLENGE IN THE UK, SUCH AS THE YORKSHIRE 3 PEAKS OR HIKING SNOWDON**
- **MOUNTAIN TREKKING ([WWW.ADVENTUROUSEWE.CO.UK](http://WWW.ADVENTUROUSEWE.CO.UK))**

**DON'T PEAK TOO SOON**



# Choose your own challenge

Fundraise your way ... Develop and plan your own challenge, playing to your own athletic abilities.

Here are some ideas we've put together to help you get started on your Challenge Fundraising journey.

[WWW.DMUFORLIFE.ORG](http://WWW.DMUFORLIFE.ORG)



- **USE YOUR SURROUNDING AREA AND CYCLE YOUR OWN DISTANCE WITHIN YOUR OWN TIME-FRAME**
- **CYCLE 5 MILES A DAY FOR A WEEK**
- **GET FAMILY/FRIENDS INVOLVED AND CYCLE 3 MILES A DAY FOR 2 WEEKS**
- **LONDON TO PARIS CYCLE RIDE  
([WWW.DISCOVERADVENTURE.COM](http://WWW.DISCOVERADVENTURE.COM))**

# Not feeling Athletic? No problem...

Here are some ideas we've put together to help you get started on your Challenge Fundraising journey.

Try these non-physical ways to fundraise.

[WWW.DMUFORLIFE.ORG](http://WWW.DMUFORLIFE.ORG)

D

## ● DINNER PARTY

Our top tip: pick a theme, dress up and provide an interesting or exotic cuisine.

## ● DANCE/DISCO

Host a Strictly Come Dancing themed night, with live music and entertainment.

## ● DARTS MATCH

Set your sights on bulls-eye and whether you keep the game serious or not, make it your own. Raise funds by setting an entry fee or by doing a raffle on the day.

M

## ● MARATHON EVENTS

Remember a marathon doesn't have to mean running! Work to your hobbies and do a 26.2 mile/hour long challenge. (Hobbies; Gaming, knitting, baking and so many more!)

## ● MATCHED GIVING

Lots of our fundraisers have doubled the amount raised by their employer so don't be afraid to ask.

## ● MURDER MYSTERY PARTY

Find out who did it at a murder mystery night with friends, family and or colleagues.

U

## ● UNIFORM-FREE DAY

Ditch the work attire and go into work wearing fancy dress. Get the whole office involved and make a day of it. Make it competitive; best dressed, most creative etc.

## ● UNPLUG FROM TECH

Get sponsored to completely switch off from tech for a day or time-frame of your choosing, and challenge your family and friends on who can last the longest.

## ● UPCYCLING

Transform old items into something new that you can then sell.

LET'S \*NOT\* GET PHYSICAL 18

# The power of JustGiving

An easy and hassle-free way to reaching your targets

## EASY AND EFFECTIVE

There are multiple ways to secure sponsorship whether that be in person with cash donations or through online donations. However, the easiest most hassle-free way of doing this is by setting up a JustGiving page.

**JustGiving™**

## SET YOUR OWN TARGETS

It also allows you to set your own monetary targets. So, you can monitor this during the process and celebrate any personal milestones that you have set for yourself. There is also the feature of adding in offline donations, so anyone following your journey can see just how well you are doing.

## PERSONABLE

JustGiving allows you as a fundraiser to have a platform showcasing your fundraising efforts, making it both personal to you and your supporter. It is easily accessible with the abilities to share across all your social platforms, reaching more people with the potential of securing more sponsorship.



## LET'S GET STARTED

The QR code to the left will take you directly to the De Montfort University JustGiving page. The first thing that will appear on your screen is the universities logo with an insight to other people that have fundraised for the university in the past.

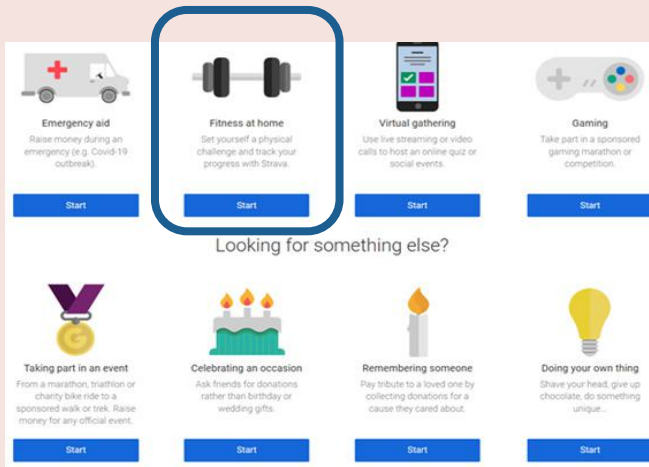
In order to get you set up you will need to select the blue button that says 'Fundraise for us' ...

**See the next page for a step-by-step guide on setting up your JustGiving page**

# Setting up your account

Once you've scanned the QR code and landed on the De Montfort University JustGiving page, you will be asked to log in. If you have an account already, proceed to log in as usual, but if you don't already have an account you will need to register in order to continue. Once you are logged in you will be presented with the screen pictured below.

What you select here will become different for each individual as it'll be dependent on what it is you have challenged yourself with. For the purpose of this demonstration, we are going to select 'Fitness at Home'...



## WHAT YOUR FUNDRAISING EFFORTS CAN ACHIEVE FOR DMU:

- **£500 SUPPORTS A STUDENT'S DMU GLOBAL TRIP**
- **£1,000 SUPPORTS A PHD STUDENT MAKING AN ESSENTIAL RESEARCH TRIP FOR THEIR AREA OF STUDY**
- **£9,000 PROVIDES A MADE FROM MORE SCHOLARSHIP TO 1 STUDENT**

# Personalising your account

The next page will ask you to provide some more details on what it is you are doing. For example challenge type, activity details, date. It may also ask if you are doing this in memory of someone.

Then you will need to set your own financial target for your fundraiser. Don't worry too much about this as it can be changed at a later date if needed.

The next section of the process gives you the opportunity to personalise your page. This is where the fun begins and there is so much opportunity to make your page stand out from the rest.

## How to best utilise your page

### Get snapping

Fundraisers with pictures or videos on their page raise 13% more per photo. A perfect excuse for a #selfie!



### Tell your story

Writing a story on your JustGiving page helps your supporters understand why you're fundraising. You could raise 65% more if you do.

### Shoot for a target

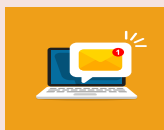
We've crunched the numbers, and found that pages with a target raise 17% more. Aim high!



### Don't be afraid to share

Sharing your page on Facebook, Instagram, Twitter and WhatsApp will help you raise more. Let people know about the good stuff you're doing and time it around pay-day.

# How to best utilise your page

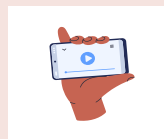


## Don't forget about email

There are lots of your friends, colleagues and neighbours who are not on social networks but would love to hear about what you are doing.

## Add a video or a livestream

Add a video as a cover photo by adding a YouTube link. Videos really help tell your story and why your cause is so important. You can also live stream directly on your page to show how you are raising money.

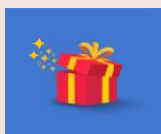
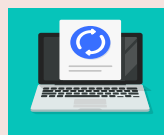


## Connect fitness apps

Taking on a physical challenge? You could raise 111% more and have supporters keep track of your progress by connecting your page with your Strava or Fitbit account.

## Update your page

Let supporters know how you are doing by updating your page often, they will enjoy following your progress and you can even do it through our smartphone app.

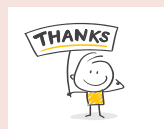


## Self-donate

People who make a donation to their own page to get them started raise a whopping 84% more!

## Say thanks!

20% of donations come in after your event has ended, so make sure you follow up to thank your supporters.



## STILL HAVE QUESTIONS?

Head to [help.justgiving.com](https://help.justgiving.com) to see their frequently asked questions

# Ready, Steady, Fundraise!

Here's how you can make a difference

## Scholarships

### Made From More Scholarships Fund



"Having the scholarship has meant I haven't needed to work a job while being at uni. This has meant that I have more time for myself, being able to be more flexible with my university work and being able to spend extra time on some work I didn't understand. I think this has had a major impact on my final grade of the year as without all the spare time I don't think I would have been able to achieve it."

Megan - Stoneygate Scholarship Recipient

This scholarship was created to provide financial support to students who would not be able to attend De Montfort University Leicester (DMU) without a scholarship. This includes students who come from backgrounds where they were in social care or estranged from their family; have refugee status, are carers for a family member, or come from households with a low income.

DMU believe that university should truly be an opportunity for everyone with the attitude and skills to succeed, not just those students from wealthier families. We appreciate your support to achieve this.

### The Adam Redfern Fund

**"The best of DMU in one person"**



The Adam Redfern Memorial Fund has been established to give aspiring students with a flair for media, journalism and sport the opportunity to study at DMU and make the most out of their time here before they go on to fulfil their career ambitions.

The fund is in memory of much-loved DMU colleague, Journalism alumnus and fitness enthusiast, Adam Redfern, who died suddenly of a heart attack while out jogging in March 2021, aged 28.

Donations will enable ambitious students to pursue Adam's passions and will help to boost their career opportunities with the support of the university through dedicated scholarships, bursaries and monetary awards.

# Ready, Steady, Fundraise!

Here's how you can make a difference

## Opportunities Fund - DMU Global

### Enhancing the education experience

In addition to tuition fees and maintenance loans, students can benefit from a variety of enhancement activity whilst they are at university. They can undertake international trips as part of their course via our DMU Global programme, learn another language, take up a sport or join a society. They can also access a number of employability activities, including placements, internships, or schemes such as Graduate Champions via our Careers team.

The Opportunities Fund helps cover the cost of these activities for those students who wouldn't otherwise be able to afford and benefit from.



#### **Sharelle's visit to the Première Vision trade show in Paris.**

Why did you decide to travel abroad with DMU Global?

I really wanted to come out of my comfort zone and travel independently in an unfamiliar country with people who I didn't know, with the intention of improving my communication skills to increase my confidence. Paris is notoriously known as a city which specializes in fashion, and I was keen to get ideas and inspiration from unique styles, cultures, and ways of living.



#### **Joe's experience studying in Seoul, South Korea.**

Did you meet any new people?

In my classes there were a wide variety of students from all over the world! These nationalities include American, German, Croatian, Chinese, Thailand, Mongolia, Kazakhstan, Ukraine and Japan. Everyone is so interesting and is always nice to be around. It was interesting to learn about other cultures and what they think of current events going on in the world. I also made local friends with whom I spent the Christmas break instead of returning home!



#### **DMU pharmacy student Yasmin's fact-finding visit to Dubai.**

It's given me a wonderful opportunity to meet other pharmacy students elsewhere in the world and see how another country approaches this subject.

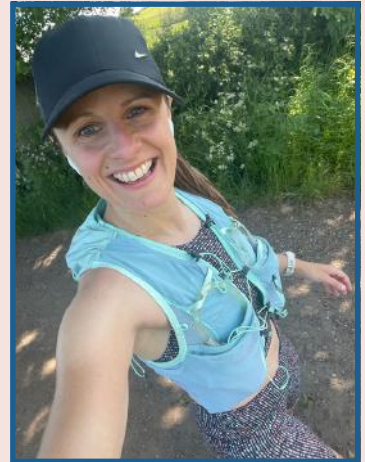
On the first day, we visited the Dubai Pharmacy College for Girls where we were given a tour of the grounds and gained a bit of an insight into what it is like to study pharmacy in Dubai by sitting in on a couple of lectures.



# Hear from our very own

**Sarah Thomson - Director of Engagement**

“It is an honour to be able to raise money in this way in memory of Adam and to go towards helping our amazing students. As a keen runner anyway, this challenge was a natural fit but it really helps having my ‘why’ when things get hard out there in the hills. I have found people’s responses to wanting to support my challenge overwhelming and it is a testament to Adam’s legacy and the work of DMU that people are so generous”.



## Sarah’s ‘why’...

I started running back in 2016 as a way to make sure I was as fit and healthy as possible when I donated a kidney to my partner. I caught the running bug and in 2021 I started to enter races and take my running a bit more seriously.

In 2023 I took on the huge challenge of running my first ultra-marathon. A 50k race through the Peak District with 1,987 metres of elevation.

I raised a total of £2,948.00 for DMU's scholarship fund and in memory of a much-missed colleague Adam Redfern.



I have worked at DMU for 17 years and throughout that time I have seen first-hand the talented and tenacious students who study with us, they never fail to inspire me and now I want to give back to them.

Many of them are prevented from taking part in activities that help them reach their full potential because they simply can't afford it.



Use the following QR code to learn more about The Adam Redfern Memorial Fund and how you might be able to support with your own fundraising challenge.

# The Power of Gift Aid

Make every penny count!

## What is Gift Aid and how does it work?

Gift Aid is a government scheme that lets charities and 'Community Amateur Sports Clubs' claim tax relief on the donations that their supporters make to them.

The idea behind it is that you're usually making donations from your post-tax income. The charity then takes your donation, and – if you've agreed to Gift Aid – claims your basic-rate (20%) tax back from HM Revenue & Customs.

For example, if yourself or the supporter of your fundraiser makes a donation of £100 and agree for DMU to claim Gift Aid, DMU is then able to claim a total of £25 from the state in tax relief, meaning your total donation now amounts to £125.

This is easy and hassle-free and takes no additional time to the giving process. For example, if donating via JustGiving, all the supporter will need to provide is:

- **FULL NAME AND ADDRESS**
- **DECLARE THAT THEY PAY TAX IN THE UK OF AN AMOUNT AT LEAST EQUAL TO THE DONATION YOU ARE MAKING**
- **SIGNATURE (OR A BOX TICKED IF IT'S ONLINE) AND THE DATE**



To find out more about how Gift Aid works and how Intermediate, higher or additional-rate taxpayers can claim extra tax relief, visit this website:

[www.moneysavingexpert.com/family/gift-aid/](http://www.moneysavingexpert.com/family/gift-aid/)

# How to physically and mentally prepare for your challenge

## How to stay motivated



### 1. Define your why

You can't always rely on external factors, such as a vacation, to motivate you. Defining your "why" for exercise will give you a personal or emotional investment in your goals.

### 2. Post-it power

Label sticky notes with positive messages about your challenge and training. Plaster them on your alarm clock, bathroom mirror, or computer at work. They'll serve as a constant reminder to your fundraising challenge.

### 3. Use social media

Use social media as a way to stay on track with your fundraising goals and training. One study found that the support, accountability, and even healthy competition in online groups can help you adhere to an exercise routine. – Join 'Adventures with DMU' to speak with likeminded people going through something similar. Share your story!

### 4. Gather your squad

Fundraising is a lot easier when you have a friend doing it with you. Skip the coffee date and instead work on ideas on how to train for your challenge taking on local routes. Plus, research shows that finding a fitness buddy increases the amount of exercise you do.

### 5. Make sure to rest

Working out every day can take a toll on your body. If you like to exercise most, make sure you take the time to rest. Too much of a good thing can lead to overtraining, which can lead to you losing your joy, causing disinterest in your fundraising.

### 6. Mix it up

One workout plan can work temporarily, but it won't work forever. To keep your motivation running at top speed, change your workouts/training, take different routes and buddy up.

### 7. Listen to a podcast

Choose a podcast you've been wanting to listen to, and only cue it up when you're training. This gives you something to look forward to when a session doesn't sound all that appealing.

### 8. Find a secondary personal challenge

You name it; there's a challenge for it. The squat challenge, plank challenge, daily exercise challenge, the list goes on. The good news? Since there are so many to choose from, you'll have no problem finding multiple challenges to join and complete.

### 9. Set a date

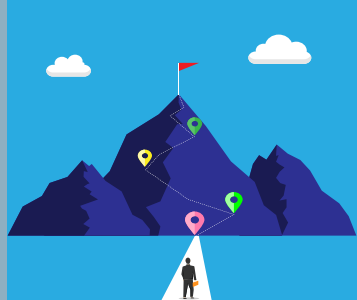
Training for a race or special event can push you to get out of bed in the morning and get moving. Find an event to train for that is a few months away. Commit by signing up and paying the entry fee, then get to work. If you have created your own challenge set your own personal deadlines and don't be

### 10. Always have a back up

Put a "just in case" bag in your car with a change of workout clothes and a pair of shoes. Also, have an alternate workout ready, such as a walking route by work, when plans change.

# How to physically and mentally prepare for your challenge

Warm up and stretches for physical activity, you may wish to repeat or alter these depending on your athletic ability.



## Cross Body Toe Touch

Helps the body to lift more, react quicker, adapt faster, and stabilize better. It also improves core strength and spinal support. Working the obliques, shoulders, lower back, glutes and hamstrings.



## Star Jumps

Also known as jumping jacks, are a total-body workout that activates many muscle groups in the body. It is a simple bodyweight aerobic exercise that involves jumping on the spot while coordinating the swinging of the arms and legs. Star jumps increase the strength of the muscles and bones and improve the stamina of the body.



## Side Reach

This stretches in particular stretches your back and core, opens up your chest and shoulders, and treats your neck to gentle pressure that eases soreness.



## Front and Side Lunges

This can stretch your psoas muscles and other hip flexors using variations of the popular lunge exercise. This basic stretch will help you loosen up and counteract the effects of sitting too much or tight hips from sports such as cycling. The standing lunge stretch helps to lengthen these muscles and provide better flexibility and range of motion.



## High Knees

As the largest, strongest joints in our bodies, our knees have major bearing on mobility. Performing high knees gets your blood pumping while activating your core and strengthening your legs.

