

DO IT

YOUR WAY

Cransley Hospice Trust



FUN-FITNESS WITH FUNDRAISING

CHARITY CHALLENGE

If it's an exhilarating, bucket list challenge you fancy - look no further!
www.cransleyhospice.org.uk/events/
It's all on the website whether you're looking to RACE, RUN, WALK, JUMP, CYCLE there's something to suit everyone!

STEP INTO FITNESS

Whether it's a few steps or 10,000, set your daily challenge for a month. Set up your fundraising page and share what you're doing on social media. By the end of the month you'll feel better, be fitter and have raised vital funds for a great cause!

ENDURANCE CHALLENGE

Your friends will surely sponsor you to attempt one of these:

- 1000 squats
- Handstand for 50 m
- 100 press-ups
- 500 Burpees
- Plank for 10 minutes
- 100 kick-ups

GYM CHALLENGE

There are so many ways to raise money in the gym and incentivise everyone to get fitter whilst raising money.

- Get a team together to see if they can cycle as far as the moon in a month? (384,400 km)
- Have a weight lift challenge. Who can run the length of the Nene (161 km)
- Hold any of these; swimathon, rowathon, skipathon, yogathon

HERE TO HELP!

Please share your fundraising ideas by tagging us on Facebook or sending us a tweet! If you need any help getting started do give our FUNdraising team a call on 03000 274040 we're always happy to help! Thank you so much for getting involved and supporting end of life care in North Northamptonshire.



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