

Get Active

Do you enjoy walking, cycling, running, swimming? Enjoy the outdoors? Want to do more exercise? Or would just like to get active to raise money for charity?

There are many ways you can **get active** for Citizens Advice North Lincolnshire!

Set yourself up for one of these challenges or come up with your own idea. Whatever you decide, please email fundraising@citizensadvicenlincs.org.uk where we can set you up an online donation page with your own link and support you through your fundraising.

Here are a few ideas:

Dog walking challenge

- Walk 60 miles over the month with your dog. The miles can be split but a recommended 2 miles a day works great!
- Or decide on a different distance and time frame that works for you.
- Gather sponsorship with the help of your furry friend!

10,000 steps a day challenge

- Challenge yourself to walk 10,000 steps a day for a week, month, however long you want!
- Turn this into a bigger challenge and compete with your friends, workplace, etc. Maybe the winner could even get a prize?

Running, walking, cycling, swimming challenge

- Run, walk, cycle, swim (pick one or do a mixture) a certain distance over a period of time.
- Decide on a distance that puts you up for a challenge and set a time to complete this in (a week, month, few months, etc.)
- This can be done indoors or outdoors

- Gather sponsorship for your active challenge!

30 day challenge

- Get active everyday for 30 days and gather sponsorship.
- Get active in any way you like! Pick something (e.g. run every day for 30 days) or do a mixture of active activities!

Couch to 5k challenge

- A lockdown favourite!
- This is a running plan designed to get beginners from a couch potato to running 5k!
- You can download an app to help! This is also useful for keeping your sponsors up to date with your progress.

Marathon

- Wanting to take part in a marathon? Why not sign up to one and raise money for Citizens Advice North Lincolnshire.
- Gather sponsorship for running the marathon!
- Find a marathon to sign up to here: <https://findarace.com/marathons>

Race your mates

- Using a running app or smart watch, pay £5 each to enter a week, month or year long competition to see who reaches the most steps or climbs the most stairs.

Cycle to work, school, university, college etc.

- Do this every day for a week, month, however long you decide!
- Donate the price of money saved on fuel to us!

Got a better idea? Please let us know using the email address at the top of the page!

