Fitness Feb

FUNDRAISING PACK

#FITNESSFEB26

Thank you so much for signing up for Fitness Feb 2026! 💜 Your commitment to taking on this challenge is truly inspiring. By getting active and raising vital funds, you're helping us provide specialist nursing care and support to those affected by mesothelioma. Every step, stretch, and skip you take this February will make a real difference. We're so excited to have you on board and can't wait to see how you tackle your challenge! Don't forget to share your journey using **#FitnessFeb26**—we're cheering you on every step of the way! 🌟

What's Inside?

- Fundraising Ideas
- Top Fundraising Tips
- Spreading the Word
- Downloads and Resources

Setting Your Challenge

You've signed up and you've got your fundraising page, so what's next?

It's time for you to decide on what your challenge is going to be and to choose a realistic fundraising target. Whether you've joined on your own or in a team, your challenge should be bespoke and achievable.

1. **Set Your Challenge:** Choose a personal and achievable activity and fundraising target that excites you – running, dancing, yoga, skipping, or anything that gets you moving!
2. **Spread the Word:** Share your challenge and progress with friends and family to raise donations.

Fitness Feb Ideas

Need inspiration? Here are some ideas to get you started:

Step It Up: Set a daily step goal (e.g. 10,000 steps) or aim to walk/run a total distance by the end of February.

Fitness Challenges: Do 50 push-ups, 1,000 hula hoops, or 20 minutes of yoga each day.

Team Challenges: Split a big goal, like running a marathon or climbing the equivalent of Mount Everest, among friends or colleagues.

Themed Workouts: Organise a charity workout class (e.g. Zumba, aerobics, gym, yoga) and ask for donations to join.

Weekly Milestones: Complete a bigger fitness challenge each week, like a 5k run, or swim a total distance over seven days.

Mix It Up: Try a new activity each day of February—cycling, dancing, skipping, or even a fitness video challenge!

Coffee Club: Organise your own coffee club and ask for donations for participation, this could be anything from cycling, running or walking to a yoga class, and grabbing a coffee after.

Try something new:

- Take a trip to a trampoline park.
- Go bouldering/rock-climbing.
- Find somewhere to go kayaking.
- Give boxing or martial arts a go.
- Try an aerial arts class.
- Practice headstands or handstands.
- Learn how to pistol-squat.
- Master the art of Hula-hooping.

Top Tips To Boost Your Fundraising

Set a Target: Let people know your fundraising goal, clear targets inspire generosity and show what you'd like to achieve.

Personalise Your Fundraiser: Share your story, why you're taking part in Fitness Feb and how Mesothelioma UK's work inspires you.

Use Social Media: Post updates, videos, and photos of your progress using **#FitnessFeb26** and share your fundraising page link frequently - you can also share updates to your Enthuse page for supporters to see!

Ask Locally: Approach local businesses or community groups for support - they might sponsor you or match donations. It's also worthwhile talking to your employer about matched funding opportunities and fundraising support if you feel comfortable.

Celebrate Milestones: Share when you've hit key fitness or fundraising goals to keep donors and supporters engaged, some people might be waiting until after February to donate.

Be Creative: Always think what else? What else can you do that will boost your fundraising total.

- 🏅Offer something fun in exchange for donations- a bake sale, a virtual workout session, or silly forfeits for hitting targets (e.g. wearing a wacky outfit on your next activity after reaching 75% of your fundraising target).
- 🏅Are there any fitness focussed items/experiences you can source for a 'flash' fundraiser? For example, everyone who donates in the next 12 hours will be entered into a draw to win a prize.

Spreading the Word

Spread the word to boost your fundraising:

- **Social Media:** Post regular updates, tag supporters, and share photos or videos of your progress. Don't forget to use **#FitnessFeb26** and tag us on our socials.

  @mesothelioma_uk @therealmeso

  @mesouk Mesothelioma UK

- **Email:** Send personal messages to friends, family, and colleagues explaining your challenge and how they can help.
- **Community Boards:** Put up posters at local gyms, cafes, or workplaces.
- **Local Press:** Share your story with your local newspaper or radio station.

Downloads and Resources

We've created tools to make your challenge easier and more engaging:

- **Sponsorship Form:** Track offline donations.
- **Poster Template:** To help promote your challenge (Page 6).
- **Social Media Graphics:** Download images to share your progress online.
- **Fundraising Target Tracker:** Use this visual gauge to track your fundraising progress. Colour in the sections as you raise funds to see how close you are to reaching your goal (Page 7).
- **Fitness Feb Blank Calendar Template:** To plan and log your challenge (Page 8).

Download all resources here:
www.mesothelioma.uk.com/fundraising-resources/

Thank You!

Your dedication to Fitness Feb means the world to us and to the families we support. Together, we're raising vital funds and awareness for mesothelioma care. Don't forget to share your journey and celebrate your amazing achievements.

For any questions or support, feel free to contact us at fundraising@mesothelioma.uk.com or call us at 0800 169 2409 (Option 2).

Let's make this February unforgettable! 💜

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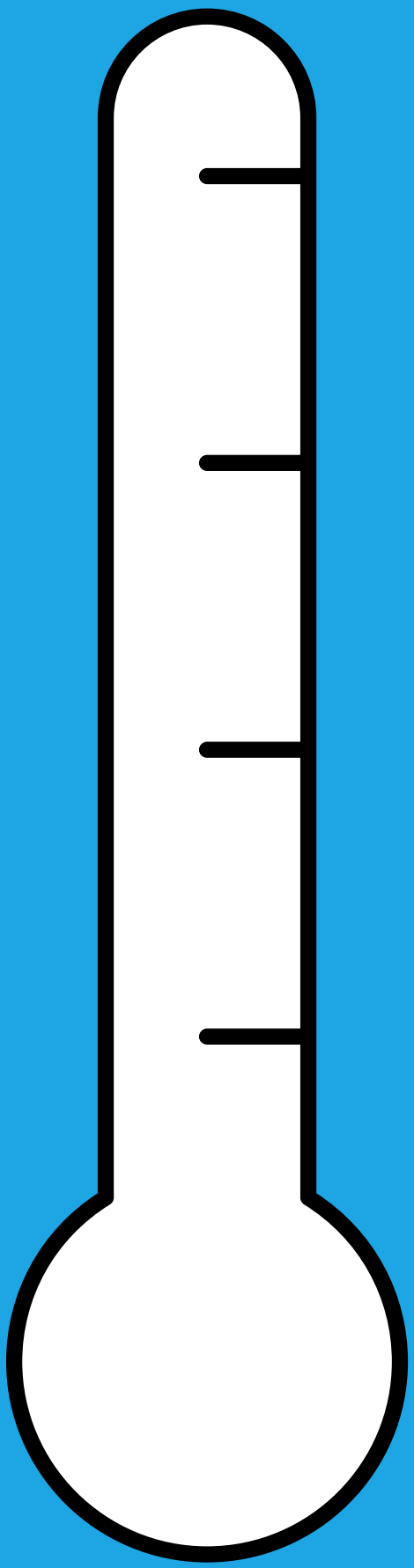

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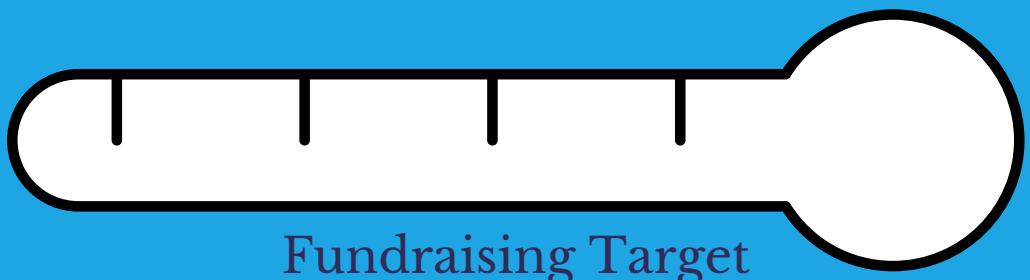
PLAN YOUR CHALLENGE HERE!



Fundraising Target

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	