ARE YOU READY SWEAT

EVERY DAY IN NOVEMBER

FOR STAND UP TO CANCER?

OF COURSE YOU ARE.









SWEAT EVERY DAY IN NOVEMBER CHALLENGE FOR STAND UP TO CANCER

Cancer can affect anyone's life, at any time. In fact, nearly 1 in 2 people will get cancer in their lifetime*. So we only have one option: to accelerate life-saving research. That's why we need you to help raise the cash our incredible scientists need. Every penny will help speed up research that will get new tests and treatments to people who need them the most.

Join thousands of others taking on the Sweat Every Day in November Challenge for Stand Up To Cancer, and help fund pioneering research. Get started today by following the three tips below.

GET STARTED

1. CREATE YOUR ONLINE GIVING PAGE Make sure you've created your online Giving Page and don't forget to join the Facebook group where you can meet like-minded legends who are standing up to cancer by taking on this fundraising challenge too.

2. SPREAD THE WORD

Let your friends, family and social media know how you're going to smash this challenge once November comes around, and how they can help by sponsoring you.

3. COMPLETE YOUR CHALLENGE SAFELY Please read through our top tips for completing this challenge safely on the following page.

^{*} cruk.org/lifetimerisk

TOP TIPS

Our handy tips will help you make the most of your challenge.

Whether you break up your exercise throughout the day or complete it in one go, it's important to do it safely.

Check out this **NHS guidance**, which contains further advice and videos on how to do strength and flex exercises safely.

DON'T FORGET TO STRETCH

Stretching before and after you exercise is always a good idea to prevent pulling a muscle.

DRINK WATER

Being a sweating superstar is thirsty work! Stay hydrated by drinking before and after you exercise.

PACE YOURSELF

Why not do some practise workouts ahead of your challenge start date so you're ready to kick off the challenge in November.

WEAR THE CORRECT GEAR

Make sure you have correct fitting trainers, comfortable clothing and an even surface so you can maintain good form.

GET ENOUGH SLEEP

Being more active day-to-day can help improve the quality of your sleep. Make sure you give your body the rest it needs.

FUEL YOUR BODY

Make sure you're eating well across the month with healthy, protein rich meals to keep you energised.

PLUG IN

Listen to your favourite podcast or playlist when you're getting in your exercise to keep you motivated.



FUNDRAISING IDEAS

TEAM UP

Encourage your friends and family to sign up to the Stand Up To Cancer Sweat Every Day in November Challenge too and make fundraising a real team effort.

PROMOTE YOURSELF ONLINE

Share your online Giving Page and your official challenge badges across your social networks for more engagement.

VIRTUAL COLLECTIONS

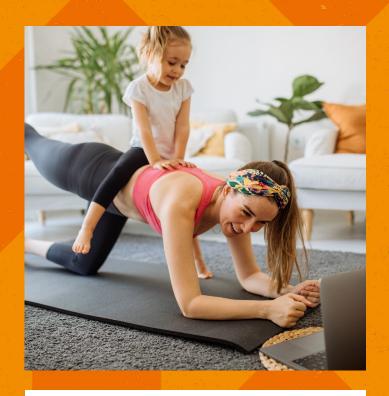
Send an email to your work colleagues to let them know you're taking on the Stand Up To Cancer Sweat Every Day in November to raise money for lifesaving research. Remember to include a link to your online Giving Page!

TELL YOUR STORY

Our most successful fundraisers often have really personal online Giving Pages. Kit yours out with the story of why you've decided to take part, regular updates, photos and of course a thank you to your lovely donors!

SET A TARGET

Keep yourself motivated with a fundraising goal. If you set a target on your online Giving Page, you can raise 145% more sponsorship.

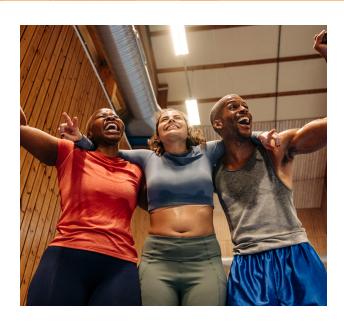


PASTA PARTY

Why not host a pasta party fundraiser? It's simple – you cook and your friends eat in exchange for a donation. Plus, you'll be fuelled for your next big day of exercise.



FUNDRAISING IDEAS



FILM A VIDEO

Video yourself completing your challenge to let friends and family know you're Standing Up To Cancer and share your content across your social media.

MAKE A DONATION

Show potential supporters that you're committed and kick off donations with a contribution to your own online Giving Page.

ASK YOUR EMPLOYER

Taking on 30 minutes of exercise a day will make you feel more energised at work. What's your company prepared to donate to their happier and healthier employee? See if they'll make a donation or match the funds you raise.



WRAP-UP EVENT

'I'll donate when you've done it' – the words no fundraising champion wants to hear! Hold doubters to their word with a wrap-up event at the end of your month and lap up those last minute donations!







YOU'VE SMASHED YOUR TARGET!

TOTALISER

Your name:

IS RAISING MONEY **FOR LIFE-SAVING CANCER RESEARCH** BY COMPLETING THE **SWEAT EVERY DAY IN** NOVEMBER CHALLENGE

Find out more and help them reach their target by donating to their online Giving Page:

Online Giving Page URL

WEEK 4

WEEK 3

WEEK 2

WEEK 1

SHOUT ON SOCIAL

Share your online Giving Page with friends, family and colleagues. Don't be shy!







And don't forget to tell us about what you're up to on X @SU2CUK, on Instagram @su2cuk with the hashtag #StandUpToCancer, or if Facebook's more your thing, be sure to tag us in at standuptocancerUK.

OUR PARTNERS





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Your name:

IS A FUNDRAISING LEGEND ND HAS RAISED

Amount raised:

FOR LIFE-SAVING CANCER RESEARCH BY COMPLETING THE STAND UP TO **CANCER SWEAT EVERY NOVEMBER CHALLENGE**

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STAND UP TO CANCER SWEAT EVERY DAY IN NOVEMBER CHALLENGE CALENDAR



| Use the below calendar to plan how you'll take on 30 minutes of exercise every day in November. | | | | | | | 1 | SATURDAY | 2 | SUNDAY | | |
|---|--------|----|---------|--------------|----|----------|----|----------|---------------------------|---------------------------|--------------------|----------------------------|
| 3 | MONDAY | 4 | TUESDAY | 5 WEDNESDAY | 6 | THURSDAY | 7 | FRIDAY | 8 One dov | SATURDAY e week vn! | 9 | SUNDAY |
| 10 | MONDAY | 11 | TUESDAY | 12 WEDNESDAY | 13 | THURSDAY | 14 | FRIDAY | Hali the doi gre | | 16 | SUNDAY |
| 17 | MONDAY | 18 | TUESDAY | 19 WEDNESDAY | 20 | THURSDAY | 21 | FRIDAY | 22 | SATURDAY | 23 Seve to g | sunday en days o! |
| 24 | MONDAY | 25 | TUESDAY | 26WEDNESDAY | 27 | THURSDAY | 28 | FRIDAY | 29 | SATURDAY | it, fu | Ye done indraising impion! |

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SWEAT EVERY DAY IN NOVEMBER CHALLENGE SPONSORSHIP FORM



THERE'S POWER IN NUMBERS

| YOUR DETAILS |
|--------------|
| Title |
| First name |
| Surname |
| Address |
| |
| |

MY FUNDRAISING TARGET



To sponsor me, please write your name, address and sponsorship amount below. Every pound you give will help fund life-saving cancer research.

Please use a blue or black pen and write in CAPITAL letters. All fields are mandatory. Please include your home address (not your work address), otherwise we won't be able to claim Gift Aid. Your details are safe with us. You can check out our Privacy Policy at cruk.org/privacy for more details.

BOOST YOUR DONATION BY 25P FOR EVERY £1 YOU DONATE!

Tick the box below to Gift Aid your donation:

I want to Gift Aid my donation and any donations I make in the future or have made in the past four years, to Cancer Research UK. I am a UK taxpayer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all of my donations in that tax year it is my responsibility to pay any difference.

Make sure that we can read your full name, home address and postcode. Sponsors must complete their own details - forms in the same handwriting aren't valid for Gift Aid purposes. Remember, all fields are mandatory for Gift Aid to be valid.

giftaid it

FULL NAME + HOME ADDRESS + POSTCODE + √+ DATE COLLECTED = GIFT AID

| Title | Full name and surname | Postcode | Home address NOT YOUR WORK ADDRESS (this is essential for Gift Aid) | Amount | Giff Aid | Date collected |
|-------|---------------------------------------|------------------------|---|---------|----------|----------------|
| MRS | JANE SMITH | AB12 3CD | 12, SAMPLE LANE, LONDON | £ 20.00 | ✓ | DD/MM/YY |
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| (FR) | Registered with FUNDRAISING REGULATOR | I'VE RAISED A TOTAL OF | £ | | | |

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