

**ARE YOU READY TO SWEAT
EVERY DAY IN NOVEMBER
FOR STAND UP TO CANCER?
OF COURSE YOU ARE.**



CANCER
RESEARCH
UK



SWEAT EVERY DAY IN NOVEMBER CHALLENGE FOR STAND UP TO CANCER

Cancer can affect anyone's life, at any time. In fact, almost 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 life-saving 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!



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

**YOU'VE SMASHED
YOUR TARGET!**

£

TARGET

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
AND HAS RAISED**

Amount raised:

£

**FOR LIFE-SAVING CANCER RESEARCH
BY COMPLETING THE STAND UP TO
CANCER SWEAT EVERY DAY IN
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 SATURDAY	9 SUNDAY		
					One week down!			
10 MONDAY	11 TUESDAY	12 WEDNESDAY	13 THURSDAY	14 FRIDAY	15 SATURDAY	16 SUNDAY		
					Halfway there! You're doing great!			
17 MONDAY	18 TUESDAY	19 WEDNESDAY	20 THURSDAY	21 FRIDAY	22 SATURDAY	23 SUNDAY		
						Seven days to go!		
24 MONDAY	25 TUESDAY	26 WEDNESDAY	27 THURSDAY	28 FRIDAY	29 SATURDAY	30 SATURDAY		
						You've done it, fundraising champion!		

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STAND UP FOR SCIENCE

Fundraising is so important to allow us to continue our research and hopefully find better, kinder treatments for people with cancer in the future. We want to say a huge thank you to everyone who supports the Stand Up To Cancer campaign.

Researcher funded by Stand Up To Cancer.

Since 2012, our supporters have funded 73 groundbreaking projects and clinical trials, turning breakthroughs in the lab into new techniques and treatments to help people affected by cancer live longer, better lives.

Every day, our researchers work tirelessly to beat cancer. They're finding ways to stop cancer cells from resisting treatment. They're improving technology to detect cancer faster. And even boosting the immune system so that it's better at destroying cancer cells.

Want to learn more about the life-saving research your fundraising pays for? Visit su2c.org.uk/about

THERE'S POWER IN NUMBERS



Title

First name

Surname

Address

.....

.....

£

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.

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.**

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Gift Aid your donation you must tick the box below:

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.**

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