



Get fit and raise funds for Canine Partners

Thank you for signing up to take part in the Fit for 30 Challenge. It's a fun way to get fit during the month of September and a great way to stay connected with friends, family and colleagues.

This e-pack has lots of ideas to help you decide which challenge to set yourself and our team will be on hand every step of the way. There is also a personalised social media poster and thank you certificate that you can share with your friends and family to help drum up lots of support.

Why not also nominate three of your friends to take part and remember to share your photos and videos of your challenge using the hashtag **#fitfor30challenge**.

Don't want to take on a physical challenge? No problem. You could learn a new skill for 30 days, or make a donation via our website.

Celebrating 30 years of Canine Partners

Our 30th year has been one of our toughest, but with your help, we are doing all we can to protect our future. So what better way to celebrate than to challenge yourself and three friends to get mentally or physically fit to commemorate an amazing milestone in our charity's history.

Where do I start?

The challenge will run from 1 to 30 September, so you can get started now by setting up your JustGiving page. Or you can collect donations using the sponsor form included in this pack. Once you've finished, head to **caninepartners.org.uk/donate** to pay in your life-changing donations.

If you need any more information or ideas, please get in touch by emailing **fundraising@caninepartners.org.uk**

A huge thank you for taking part in the Fit for 30 Challenge – your hard work will ensure we can continue to transform people's lives.

Good luck!



**Canine
Partners**

Amazing dogs. Transforming lives.

Get fit for 30 days and transform a life

Canine Partners, registered charity in England and Wales (803680) and Scotland (SC039050).



1. Choose your challenge

Decide what challenge you'd like to do during September. We have included a list of ideas within this pack, but it can be whatever you like. It could be a physical or mental challenge.

2. Spread the word

Using the social media poster provided in this pack, add the details about your challenge and post it on your social media pages to encourage your friends, family and colleagues to donate. Remember to use the hashtag **#fitfor30challenge** and share the link to your JustGiving page.

3. Nominate someone else

Getting your friends and family involved is a great way to stay connected, and it helps to raise awareness of our work. By nominating someone else, it helps to keep motivated and complete the challenge knowing that others are doing it too!

4. Keep your supporters updated

Remember to keep updating your supporters on your progress. You can do this via your social media pages or on your JustGiving page.

5. Time to cool down... and thank your guests!

Enter your fundraising total into the editable thank you certificate included in this pack, and post it on your social media pages to let your supporters know what an amazing difference they have made to people living with physical disabilities. Be sure to share your photos online using **#fitfor30challenge**.

6. Paying in your donations

Paying in your funds couldn't be easier! If you have set up a JustGiving page, these donations will come straight to us with no further action needed from you.

If you have collected funds in another way, you can pay the funds to us by visiting our website **caninepartners.org.uk/donate**, calling us on 03456 580 480 or sending a cheque made payable to 'Canine Partners' to the following address:

Canine Partners
Mill Lane, Heyshott, Midhurst
West Sussex GU29 0ED



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30 Challenge Ideas

We've come up with 30 ideas to help you decide which challenge you would like to do.

Please feel free to come up with your own 30 day challenge if you could would prefer.

1. 30 press ups
2. Hula hoop for 30 minutes a day
3. Walk up and down your stairs 30 times
4. Complete 30 laps of your garden
5. Do 30 star jumps
6. Hold a plank pose for 30 seconds
7. Do 30 minutes of yoga
8. Do 30 cartwheels
9. Take your dog for a 30 minute walk
10. Go on a bike ride for 30 minutes
11. Do 30 bicep curls with a tin of baked beans
12. Shoot 30 basketball hoops
13. Do 30 minutes of pilates
14. Bounce 30 times on a trampoline
15. Learn 30 words in a new language
16. Do a 30 minute fitness class
17. Run for 30 minutes a day
18. Teach your dog to do 30 tricks
19. Do 30 squats
20. Do 30 consecutive keepy-uppies with a football
21. Learn 30 new songs on an instrument
22. Do 30 crosswords
23. Learn 30 new recipes
24. Play 30 games of tennis
25. Learn 30 news poems
26. Do 30 wheelies a day
27. Meditate for 30 minutes
28. Balance a book on your head for 30 minutes
29. 30 reps on a rowing machine
30. Swim for 30 minutes



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Fit for 30 Challenge

£5

pays for
a pack of
tasty treats
to help
train our
puppies

£10

pays for a
set of
grooming
equipment
for a dog in
training

£100

pays for dog
food and
insurance for
a dog whilst
in advanced
training

£350

pays for
essential
equipment
for a
puppy
starter pack



Every step you take, whether it's running, wheeling or learning, will inspire your friends and family to support you in your Fit for 30 Challenge. Thanks to the efforts of brilliant fundraisers like you, hundreds of people have been able to receive a life-changing canine partner.

If you would like more information about our work, please call us on 03456 580 480 or visit our website at caninepartners.org.uk



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