

30 DAYS STRONG

HEADWAY ESSEX

Get active for 30 days and make it count!

Move a little every day for 30 days – your way, at your pace. Walk, stretch, dance, roll, or try something new.

Set your own activity goal, get sponsored, and raise vital funds for charity.

Choose a challenge that suits you or take inspiration from the ideas overleaf.

Every day you move helps change lives.

W: www.headwayessex.org.uk

T: 01206 845945

E: fundraising@headwayessex.org.uk



Stuck for ideas? Try these for inspiration

Walk 10,000 steps a day - see if you can get to 30,000!

Do 20 minutes of exercise daily

Complete a daily plan or squat challenge

Try a new form of movement each day

Couch to 5k over 30 days

Use the stairs instead of the lift for 30 days

Swim 30km (use 1 square per km)

Walk/cycle to work for 30 days

Burpees Blast - 30 burpees or star jumps for 30 days

30 minutes of yoga exercises for 30 days

Dance, boogie or rave for 30 minutes each day

There's no right or wrong way to take part – small steps, rest breaks and listening to your body all count!

THANK YOU! We couldn't do this without you.

Your support is changing lives and making a real difference for people affected by brain injury.



**Sign up today
and we'll send you
a free t-shirt
to get you started!**