

30 minutes of exercise, each day, your way!



YOUR WELCOME PACK

Thank you for choosing to take on our 31 day Challenge throughout the whole of March to get fit, have fun and raise vital funds for Bolton Hospice this lockdown.













Please fill in your details:		giftaid it If I have ticked the 'C			
Forename:	Surname:	read this statement and the statement of			
Address:		on the date shown. I understand that if I			
		and/or Capital Gains tax than the amount on all of my donations in that tax year it is			
Postcode:		pay any difference. I understand that Bolto claim 25p of tax on every £1 that I have give			

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iled below, given less Income tax Gift Aid claimed y responsibility to Hospice will

BOOST YOUR DONATION BY 25P OF GIFT AID FOR EVERY £1 YOU DONATE

Amount Gift Aid? **Full Name** Home address (Full details so we can claim gift aid!) Postcode Date

Remember: You must provide your full name, home address, postcode and tick 'Gift Aid' for Bolton Hospice to claim tax back on your donation.

			£	✓	paid
i.e. Joe Bloggs	1 Any Street, Bolton	BL1 4QT	£10	~	01.03.21
		TOTAL			

Bolton Hospice is a registered charity, number 518704

Cheques payable to: Bolton Hospice. Return to: Fundraising Department, Queens Park Street, Off Chorley New Road, Bolton BL1 4QT. Tel 01204 663055

How your sponsorship helps...



£25 could pay for a bereavement support session for someone struggling to cope with the loss of a loved one.



£46 could pay for essential oxygen for our patients for 2 days.



£103 could pay for a Hospice at Home visit, enabling a patient to be cared for in their own home.

BOOST YOUR DONATION BY 25P OF GIFT AID FOR EVERY £1 YOU DONATE

giftaid it

If I have ticked the 'Gift Aid? \(\nu'\) box, I confirm that I am a UK taxpayer. I have read this statement and want Bolton Hospice to reclaim tax on the donation detailed below, given on the date shown. I 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. I understand that Bolton Hospice will claim 25p of tax on every £1 that I have given.

Remember: You must provide your full name, home address, postcode and tick 'Gift Aid' for Bolton Hospice to claim tax back on your donation.

Full Name	Home address (Full details so we can claim gift aid!)	Postcode	Amount £	✓	Date paid
i.e. Joe Bloggs	1 Any Street, Bolton	BL1 4QT	£10	~	01.03.21
		TOTAL			

The personal information you have provided to Bolton Hospice will be processed in accordance with current UK data protection legislation and our privacy policy which is available to view at www.boltonhospice.org.uk or upon request. The main purpose for which we process your personal information is to claim gift aid on your donation but for further information please see our privacy policy. Your information will be held securely and we will never sell it to anyone else.





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CHOOSE ONE OF THE FOLLOWING OPTIONS TO SET UP YOUR ONLINE FUNDRAISING PAGE



- Fundraisers are in the left menu of your News Feed and have a heart coin icon. You may need to click 'See More'.
- 2 Click '+ Raise Money'
- 3 Select 'Select'
- 4 Select Bolton Hospice, fill in the fundraiser details and choose a cover photo.
- 5 Click 'Create'.

Job done! Your Facebook Fundraiser is now set up, ready to accept donations and share with your friends & family. Facebook will send the money that you raise directly to Bolton Hospice.



- 1 Log into your account or create one, and click 'Start Fundraising'.
- When asked 'Are you fundraising for a registered charity?', select 'Yes, continue'.
- 3 Search for Bolton Hospice
- 4 Select 'Organised event'
- Select 'Move it March 2021'
- 6 Complete the form to give more information about you and your fundraiser.
- Click 'Create your page'.

Job done! Your Fundraising Page is now set up, ready to accept donations and share with your friends & family. JustGiving will send the money that you raise directly to Bolton Hospice.

SET UP A FACEBOOK FUNDRAISER

Its Quick, Easy and there is no handling of any money it comes straight to the hospice!

FUNDRAISING TOP TIPS!

DID YOU KNOW?



£309

Could pay for 3 Hospice at Home visits!

SPONSORSHIP FORMS

Take them EVERYWHERE!
You could take them with
you to work, school or
anywhere you go.

DID YOU KNOW?

£69

Could pay for essential oxygen for our patients for 3 days!



Let people know you are braving this challenge and why it is important to you! Tag your friends share photographs and post your fundraising page!







GIFT AID

Remind your sponsors (who are tax payers) to tick! For every £1 we get an EXTRA 25p from the Government!



30 Minutes Each Day Your Way!



Jog



Golf





Tennis







Dance

However you decide to take part in Move it March, be sure to share with all of your friends and family and on social media!

If you raise over £120 you will receive a medal!







MOVE IT MARCH

Daily exercise chart

•						
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.
			9/7	26.	27.	28.

Tick off each day and note the activity you have completed!





1. Neck Flexion/Extension Stretch

(forward, then back)



2. Neck Lateral Flexion Stretch

(one side, then the other)



3. Latissimus Dorsi and **Posterior Deltoid Stretch**

(link hands, push elbows together)



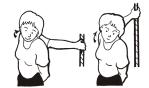
4. Triceps Stretch

(pull elbow across and down)



5. Shoulder Rotator Stretch

(using towel, pull up with the top arm then down with the other)



6. Pectoral Stretch at 90° and 120°

(use a doorway or post)



7. Bicep Stretch

(hands apart)



8. Supraspinatus Stretch

(keep elbow parallel to ground)



9. Wrist Extensor Stretch

(tilt head to opposite side, keep elbow straight)



10. Thoracic Extension Stretch

(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



11. Lateral Flexion Stretch

(one side, then the other, push pelvis across as you bend)



12. Lumbar Extension and Abdominal Stretch

(be gentle if sore)



13. Lumbar Flexion Stretch

(be gentle if sore)



14. Lumbar Rotation Stretch

(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



15. Hamstring Stretch

(straighten leg) i. with foot pointed ii. with foot pulled back towards the knee



16. Hamstring Stretch

(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



17. Adductor Stretch

(push down with elbows on knees very gently, keep back straight)



18. Gluteal Stretch

(pull knee and lower leg towards opposite shoulder)



19. Gluteal and Lumbar **Rotation Stretch**



20. Quadriceps Stretch (keep pelvis on floor)



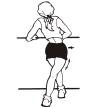
21. Quadriceps Stretch



22. Adductor Stretch (keep foot pointing forward, lunge sideways on bent knee, keep back straight)

23. Hip Flexor Stretch (keep back straight, tuck bottom under, lunge forward

on front leg)



24. Tensor Fascia Stretch (continue to push bottom forward, whilst pushing hip to the side)



25. Gastrocnemius Stretch (keep knee straight and heel down, feet facing forward)



FUNDRAISING IDEAS



Virtual physical activity

Make one of your activities an online class and stream it on Facebook live or Instagram live. It could be yoga, HIIT or even aerobics. Ask friends an family to donate to your JustGiving page or Facebook fundraiser to join in.



Tour of your neighbourhood

If you have friends and family that live nearby, you could plan a run that passes their houses so you can wave hello as you run by. People could donate to be added to your route.



Pick what you wear

Friends and family could donate and choose the most wacky/fun outfits for you to get active in. Don't forget to send them photos as evidence!



Mix it up

Ask friends and family to donate to choose what activities you do this March. It might even help you find a new favourite activity!

STAYING SAFE DURING YOUR CHALLENGE

With short dark days in March it's important that you think about how you will stay visible and safe while exercising outside.

Top tips:

Wear high-vis clothing if going out in the dark

If you are cycling make sure your bike is fitted with front an rear lights

Tell someone where you are going

Do you acitvity with another person, within the coronavirus guidelines

Stay inside if the weather is too bad and do a home-workout instead

MOVE IT MARCH CHECKLIST

Personalise your JustGiving page or Facebook fundraiser
Join our Facebook group
Plan and track your challenge with our calendar
Share with friends and family
Raise £50 to receive your Move it March certificate
Raise £120 to receive your medal
Keep friends and family up to date

with how you're getting on