



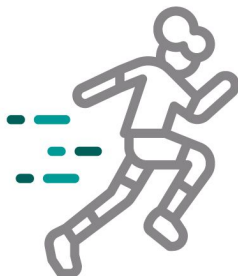
Bolton Hospice
caring from the heart

30 minutes of exercise, each day, your way!

MOVE IT MARCH

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.



The logo consists of two lines of text. The top line reads 'MOVE IT' in a teal, bold, sans-serif font. The letter 'M' is stylized with a hand icon on its left side, and the letter 'V' has a hand icon on its right side. The bottom line reads 'MARCH' in a yellow, bold, sans-serif font. The letter 'M' is stylized with a hand icon on its left side, and the letter 'A' has a hand icon on its right side. The hand icons are stylized with fingers spread and a wrist band.

Please fill in your details:

Forename:

Surname:

Address:

Postcode:

giftaid it

giftaid it If I have ticked the 'Gift Aid' ☒ 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.

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

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

[illegible]

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.

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

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



- 1 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'.
- 2 When asked 'Are you fundraising for a registered charity?', select 'Yes, continue'.
- 3 Search for Bolton Hospice
- 4 Select 'Organised event'
- 5 Select 'Move it March 2021'
- 6 Complete the form to give more information about you and your fundraiser.
- 7 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!



GIFT AID

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

THE POWER OF SOCIAL MEDIA!

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!



**Walk the
Dog**



**30 Minutes
Each Day
Your Way!**

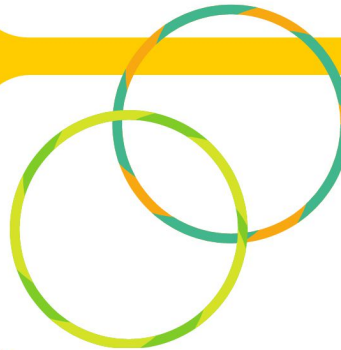


Skip

Jog



Golf

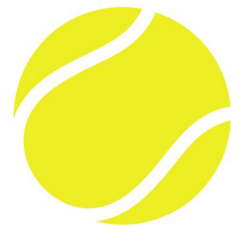


**Hula
Hoop**



Yoga

Tennis



Hike



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!**



Bolton Hospice
caring from the heart



MOVE IT MARCH

Daily exercise chart

1.

2.

3.

4.

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31.



**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)



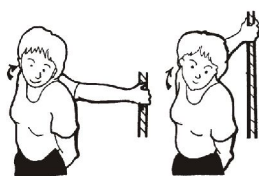
3. Latissimus Dorsi and Posterior Deltoid Stretch
(link hands, push elbows together)



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 and 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 and rear lights

Tell someone where you are going

Do your activity 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