

Step to it!

Here you'll find some easy ways to add to your step count each day. Don't forget to multiply the steps for each activity by the amount of people taking part in your group to get your daily total.

5 minutes of lunges = 1,500 steps

Tone up your legs and get in those steps by lunging. Just 5 minutes of lunging is equivalent to 1,500 steps to add to your step count.

Walk to work = 5,600 steps

If you live close enough, why not swap the daily drive for a brisk walk to work? A 30 minute walk to work could add 5,600 steps to your daily count.

Do some household chores = 1,350 steps

Kill two birds with one stone by getting ahead on your spring cleaning whilst increasing your step count. Blast out the music and add 1,350 steps to your count whilst you're at it.

Playing in the garden with the kids = 1,700 steps

Playing in the garden can be a great way to increase your steps without even noticing. Playing football with the kids in the garden for just 15 minutes can add 1,700 steps to your count.

Meet a friend for a walk = 6,000 steps

Instead of sitting in a coffee shop, why not walk and talk with a takeaway drink? Going for a 1 hour stroll whilst catching up with your friend could add up to 5,000 steps to your step count.

Take the stairs = 3,000 steps

Swapping the lift for the stairs 5 times a day could add 100 steps to your count. Do that every day for a month and you'll have walked an extra 3,000 steps!

Take a walking break from your desk = 300 steps

We can all be guilty of spending too much time sitting down. Taking a 5 minute walking break 3 times each day could add 300 steps to your step count.

THE NOAH'S ARK
STEP
CHALLENGE



Fundraising Tips and Ideas

Set your target

A fundraising target will help to shape your fundraising activity. Aim high and push yourself.

Create your online fundraising page

It's the simplest way to ask friends, family or colleagues to sponsor you and once set up, it's also hassle free for you as the money comes directly to us. Including a profile picture on your page can also help to boost your fundraising efforts.

Share early and often

Start sharing your fundraising page as soon as you've created it to tell people about all the good work you're about to do. Reach out to people you know first to build trust and momentum, then share regularly with your network on social media.

Let everyone know how you are getting on

Share regular updates on social media or with your family and friends to let them know how you are getting on. You could even include pictures and videos of you and your family carrying out the activities.

Say thank you when people donate

You'll be able to see when people have donated to your fundraising page, so it's a good idea to say thank you to each person who donates to let them know you appreciate their kind donation.

Gift Aid it



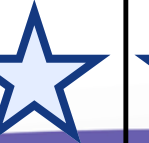

You can increase the money you raise by 25% just by making sure the people who support you tick the 'Gift Aid' box to confirm they are a UK tax payer when they sponsor you. They must also include their full name and home address including postcode otherwise we can't claim it.

Ask your employer about matched funding

Some companies offer a matched funding scheme for employees who are raising funds for a charity through an activity or events so it's worth checking. Even if they don't offer a scheme they may make a donation to your page instead.

Step Tracker

Use this step tracker to keep track of all the steps you and your family/group complete over the month. Fill in the group member's name in the first column and how many steps have been completed each day.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------|---|---|---|--|---|---|---|
| Number of Steps: | | | | | | | |
| Number of Steps: | | | | | | | |
| Number of Steps: | | | | | | | |
| Number of Steps: | | | | | | | |
| Number of Steps: | | | | | | | |
| Number of Steps: | | | | | | | |
| Daily Total Number of Steps: |  |  |  |  |  |  |  |