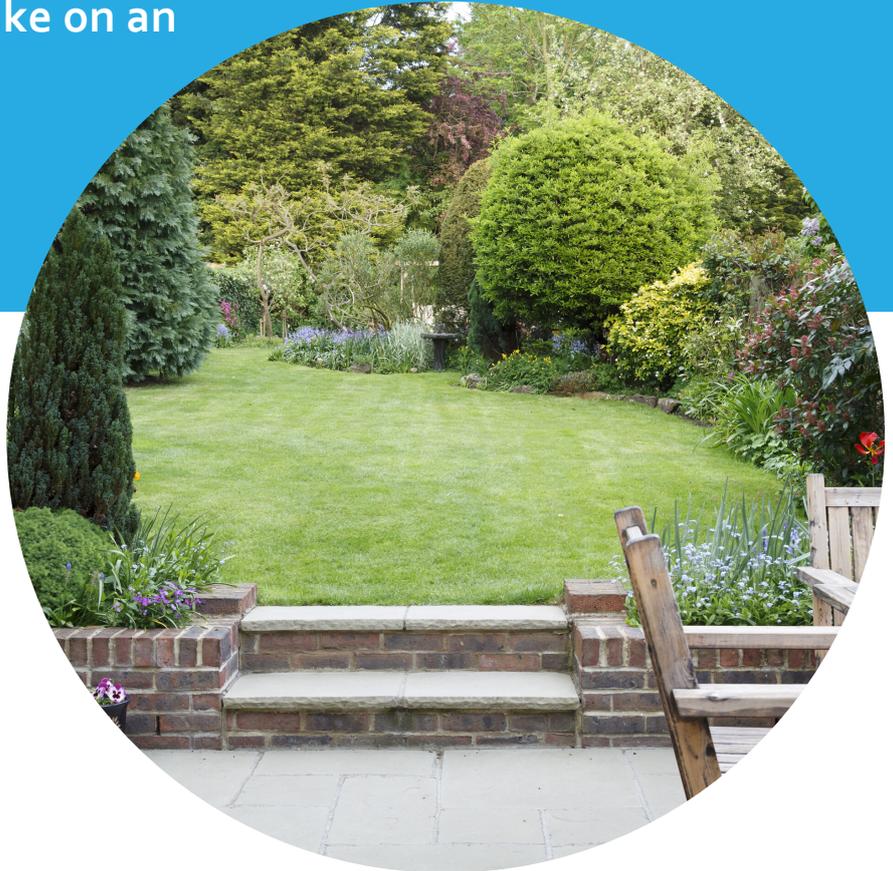


# The Get-fit Garden Challenge

Whatever the size of your garden or outdoor space, you can still get fit, have fun and support Cambridgeshire children with mental health problems! You could even use a local park or green space.

In wet weather, you could take on an indoor fitness task.

Are you ready to take on a challenge?



## ? How does it work?

Each day you will select a challenge from the [Menu of Garden Challenges](#) and complete it. The challenges include:

- A steps challenge
- A skipping challenge
- A three-legged challenge

## ? How does this help Blue Smile?

By asking friends and family to support you you will both keep yourself motivated, and raise vital funds to support our telephone, online and other services to help children with emotional and mental health difficulties during the Coronavirus crisis, and in the months to come.

## ? Can children take part?

Yes! The Get-fit Garden Challenge is suitable for people of all ages. You will set your goal for each challenge so it can be set at an appropriate level for children. This could even be your families daily PE session! But do make sure you keep safe and do not over-exert yourself.

# The Get-fit Garden Challenge:

## Your guide to taking part

**1** Decide when you will do your challenge and whether you will go it alone, with someone else from your household, or as a family group. Will you complete a challenge a day over 7 consecutive days? Will you pace yourself and complete 3 challenges per week? Will you stick to the same challenge each day or vary it?

**2** Set up your Get-fit Garden Challenge at <https://localgiving.org/charity/bluesmile/>. Click on 'Fundraise for us'. This means that people can sponsor you and cheer you on! On your fundraising page, tell your friends and family what you are doing and why. Use social media to spread the word and tell everyone about your challenge.

*I am taking on this challenge to support Cambridgeshire charity Blue Smile and keep myself active. Every day I will complete a physical challenge, no matter what the weather! I promise to post photos and videos so you can see that I am completing the Get-fit Garden Challenge. Please sponsor me!*

**3** Choose your challenges from the Menu of Garden Challenges below. Set yourself a goal - e.g. how many steps, how many laps/lengths, for how long will you carry on?

**4** Post film clips from your phone or photos on your fundraising page to show your friends and family that you have completed each challenge!

### Menu of Garden Challenges

Here are a few ideas to get you started, but feel free to come up with your own too!

<b>Garden laps or lengths</b>	Set a challenging running goal for yourself e.g. 20 laps. You could set a walking goal if running isn't your thing!
<b>Sit-ups</b>	Put a mat down if the ground is wet and complete your own target of sit-ups
<b>Skipping rope</b>	If you have a skipping rope at home, set yourself a skipping challenge such as 50 skips
<b>Star Jumps</b>	Set a star-jumps goal of perhaps 30 jumps to get your blood pumping!
<b>Three-legged laps</b>	If you live with someone else, persuade them to do 20 three-legged laps of the garden with you - jogging or walking!
<b>Ball-bounce</b>	If you have a tennis ball or football at home, set a goal for the number of times you will bounce and catch it, or pass it to each other in a fast game of catch!
<b>Step-challenge</b>	You could use your garden workout alongside your daily exercise outside to complete a challenging daily steps goal e.g. 6,000 steps