

Indoor Sports Challenge

Have you spent the last few months training for a running, walking or cycling event that's now been postponed and feel like your training has gone to waste? Or do you feel like you're itching to do something active rather than sitting on your sofa all day? Why not take on a sporting challenge from within your own home?

N.B. If you know that intense exercise can lead to unhealthy behaviours for you, we recommend picking another challenge - your wellbeing should always come first.

Here's what to do:

1. Plan the logistics

- When are you going to complete the challenge?
- Do you have all the equipment you need?
 - If it's a running or walking challenge – great! All you need is your feet.
 - If it's a cycling challenge and you don't have a static bike you might need to set yourself a different challenge, unless your garden is big enough to cycle round.
 - You could think outside of the box – if you've got a skipping rope, why not challenge yourself to do a certain number of jumps in a week?
- How will you measure the distance?
 - If you've got a step counter on your phone, a FitBit, or an Apple Watch or other device that can measure steps, you can just use this.
 - If not, work out the length of the space you plan to 'run/walk' and calculate how many laps you'll need to do to reach your goal.

2. Set up a [Virgin Money Giving page linked to our Coronavirus Resilience Appeal](#) for your friends and family to donate to

We're challenging you to set a fundraising target of £150 overall.

3. Promote what you are doing far and wide!

- We've written a few template posts below if you're stuck.
- You should be sensitive to the fact that some people will be worried about money due to lost income and won't be able to donate. However, there will be others who are spending less on socialising and commuting, and therefore will be feeling more able to be generous at the moment.
- Don't forget to direct people to your donation page.

4. Enjoy!

Above all this should be a chance to do something fun that has a positive impact on your wellbeing.

5. Let us know how it went

We'd love to hear about your event, so please email fundraising@studentminds.org.uk or use the hashtag [#TeamStudentMinds](#) on social media to let us know how it went. We'll share our favourite stories on our platforms!

If you're part of a sports team and missing practicing together, why not undertake this challenge as a team? Try countit.com's free basic membership, which can connect to fitness apps. It also allows you to create a leaderboard, so you could even make it into a competition!

Inspiration: Recently, a man in Toulouse [ran an entire marathon](#) on his 7-metre balcony!



Promote your event – templates

Facebook post

On *[Sunday 12th April]* I will be *[running a half-marathon in my living room]* in aid of Student Minds! Student Minds empowers students and members of the university community to look after their own mental health, support those around them and create change. I've chosen to support them because *[it's a cause that's close to my heart, and with many of their fundraising events being cancelled recently, I want to help them to keep their work going]*.

You can make a donation at *[virginmoneygiving.org.uk/myfundraiser]*. I'm aiming to raise at least £150 and I would be extremely grateful for any donations you are able to give. I'll post pictures on here throughout the challenge, so be sure to take a look!

Thank you!

Tweet

I'm doing a *[half-marathon in my living room]* in aid of @StudentMindsOrg on [Sunday 12th April]! Please support me in helping them to transform the state of student mental health. Donate and find out more at: *[virginmoneygiving.org.uk/myfundraiser]*.

WhatsApp Message

Hey everyone!

On *[Sunday 12th April]* I will be *[running a half-marathon in my living room]* in aid of Student Minds! Student Minds empowers students and members of the university community to look after their own mental health, support those around them and create change. I would really appreciate any donations you are able to make at *[virginmoneygiving.org.uk/myfundraiser]*. Thank you!

Description for your online fundraising page

On *[Sunday 12th April]* I will be *[running a half-marathon in my living room]* in aid of Student Minds! Student Minds empowers students and members of the university community to look after their own mental health, support those around them and create change. I've chosen to support them because *[it's a cause that's close to my heart and with many of their fundraising events being cancelled recently, I want to help them to keep their work going]*.

I'm aiming to raise at least £150 and would be very grateful for any amount you are able to give.

Thank you!