



## Physical Activity Charity Events

Participating in a charity physical activity event is a great motivator to get fit, train for a specific goal and raise money for charity at the same time. There are so many challenges out there from walking and trekking to cycling, running, swimming, tennis and golf. There is something to suit everyone regardless of age, ability or fitness. A charity challenge may give you an amazing opportunity to take part in a once in a lifetime experience.

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### Benefits of a physical activity charity event

As well as the obvious benefit to the specified charity there are a number of other reasons to participate. Training for the event will help you to get fitter and feel better. Increasing your level of physical activity will help to raise the metabolic rate and burn more calories, improve cardiorespiratory fitness and reduce the risk of developing coronary heart disease, high blood pressure, osteoporosis and type II diabetes. Cycling and swimming challenges are non-impact so are great for the joints. Events usually have a great atmosphere and are very sociable so you'll have fun and meet new people.

### Support from a charity

Once you sign up to participate in an event the charity will do everything possible to ensure you have adequate support to complete the activity. Information on fundraising, motivation, a training plan and advice on the correct kit and nutrition are given. Many charities also organise a pre-event meeting where you can meet fellow participants and hear from those involved in the work of the charity as well as those who have completed the event previously.

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### What is available

There are many different events to choose from and most charities support various physical activity challenges. The most popular events include walking, trekking, cycling, running and swimming. If you want to take up the challenge check out some of the websites below for further information.

[www.just-walk.co.uk](http://www.just-walk.co.uk)

[www.mariecurie.org.uk/events](http://www.mariecurie.org.uk/events)

[www.macmillan.org.uk](http://www.macmillan.org.uk)

[www.classictours.co.uk](http://www.classictours.co.uk)

[www.bike-events.com](http://www.bike-events.com)

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