

Stonewall

**RAINBOW
LACES 10**

Keep It Up Challenge Fundraising Guide

Keep It Up Challenge

We've kept up our fight for LGBTQ+ inclusion in sport for 10 years and we need your help to keep it up for the next 10.

How will you pledge your support to #KeepItUp for LGBTQ+ inclusion?

Walk 10 miles, cycle 10,000 miles, or do 10 arm raises - whatever your age or ability, the keep it up challenge is yours.

It couldn't be easier to sign up to the Keep It Challenge.

- Choose your challenge for the month
- Pick a day to start
- [Set up your fundraising page](#) ➡
- Share with family, friends and colleagues
- Raise as much money as you can
- Have fun!
- #KeepItUp!



Stuck for ideas?

We're here to help. Why not commit to keeping up one or a combination of the following every day for a month...

- 100 skips
- Walk 10,000 steps
- Swim 1km
- 100 squats
- 100 push ups
- Wheel, walk, jog or run 10km a day
- 30 minutes of exercise a day
- 100 arm raises a day
- Stream for 100 hours over 30 days
- Learn a new skill
- Knit , crochet or craft for a set amount of time each day
- Dance to your fave tunes for 30 minutes each day
- Post a workout, or motivational video every day for a month
- Make a new flavour smoothie every day
- Any of combination of the above, or your own challenge

Keep It Up Challenge

There are so many ideas you can keep up with to support our work and LGBTQ+ inclusion in sport. Why not challenge family, friends or colleagues to keep it up with you? Having people on your team can create healthy competition, increase motivation and most importantly helps spread the word.

Visit our [Just Giving campaign](#) page today to set up your fundraising page and get started. ➡

If you raise £10 or more, we'll send you a free pair of our limited edition Glitter Rainbow Laces. 🤩



Simply [email](#) our fundraising team with a link to your fundraising page, your name, address and choice of lace and we'll do the rest.

Sign up, start your fundraising today help us keep up the conversation for LGBTQ+ inclusion in sport.

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**SHOW YOUR
SUPPORT AND
#KEEPITUP**