

10,000 steps a day in October!



Welcome to #TeamMind!

Thank you for taking on 10,000 steps a day in October for Mind. By taking on this challenge, you're standing with us on the frontline of the fight for mental health. We couldn't be happier to have you by our side.

1 in 4 of us experience a mental health problem every year. But most of us don't get the help we need – this has to change. The money you raise will go towards running our vital services, like our Infoline and online community, Side by Side, so we can be there for even more people who need us.

We really hope you're excited to get started with your challenge! Walking is known to have great benefits for our mental health and wellbeing, from improving mood to helping reduce stress and anxiety. By taking on this challenge you'll not only be helping raise money for mental health, you'll also be prioritising your own.

The perks

We'll email digital progress medals during your challenge so you can keep friends and family updated on your incredible progress. You'll also be in with the chance of winning one of our many prizes up for grabs. And if your raise £150 or more you'll receive an exclusive 10,000 steps medal!

When you step it up for mental health, Mind is with you every step of the way. We can't wait to get to know you better in the Facebook group, and cheer you on throughout your challenge.

We can't thank you enough for your support.

Best wishes,

Anita and Tarryn



Your challenge checklist

- Join the Facebook group**
Guaranteed fun, motivation and support.
- Let people know!**
Snap a selfie in your new Mind t-shirt, or click [here](#) to access our digital resources to help spread the word.
- Get your first donation**
Making a small donation to your own fundraising page is a proven way to kickstart your fundraising. Just £5 could cover the cost of your t-shirt and lets people know you're serious about the challenge.
- Lace up your trainers and conquer the miles**
Use the tracker to watch your daily steps add up to a whopping 310,000 steps.
- Keep friends and family up to date with your progress**
- Raise £150 to receive your 10,000 steps finisher medal**