



Move for Mind 2025!

Welcome to #TeamMind!

Thank you for choosing to take part in Move for Mind. Move for Mind is a massive milestone in the mental health calendar – every year thousands of movers join the fight for better mental health. Start the year as you mean to go on, prioritising your mental health by moving more and feeling great doing it.

Remember – this is your challenge, so move your own way. We're all different, with different physical capabilities. While things like walking, running or cycling are great ways to get moving, so are chair-based exercises, yoga, housework and dancing in the kitchen!

Physical activity is known to help reduce stress and improve mood. With 31% of us now experiencing high levels of anxiety, moving more could be a great start to prioritising your own mental health.

The perks

Enclosed you'll find your Mind t-shirt and your progress tracker. We'll email digital progress medals during your challenge so you can keep friends and family updated on your incredible progress. Kick off your fundraising and raise £10 or more before 7 January to receive a Move for Mind pin badge. Raise £80 for a Mind beanie, and if you hit £150 you'll receive a Move for Mind medal!

We can't wait to get to know you better in the Facebook group and cheer you on throughout the challenge.

Move more, feel good and raise money for mental health.

Best wishes,

Anita and Tarryn



Your challenge checklist

- Join the Move for Mind Facebook group**
Guaranteed fun, motivation and support.
- Let people know!**
Take a selfie in your new Mind t-shirt, or scan the QR code overleaf to access our digital resources to help you 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 let everyone know you're serious about the challenge.
- Get moving**
Use the tracker to watch your minutes add up!
- Keep friends and family up to date with your progress**
- Raise £80 to receive your Mind beanie, and £150 for your exclusive Move for Mind medal**