



#TheBodyWalk 2021

About

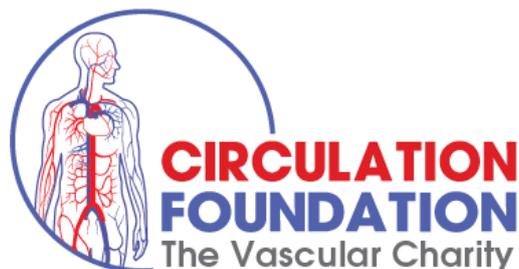
September is Vascular Awareness Month and the Circulation Foundation is excited to announce **#TheBodyWalk**, a national campaign to **raise awareness of vascular disease** and for raising imperative funding.

We are hoping that everyone can get involved in helping us to raise funds, supporting patients to live their best lives whilst having to cope with serious circulatory diseases.

Although **vascular diseases affect 40% of the population**, they are not well known by most people. The Circulation Foundation is aiming to raise awareness of these diseases by asking the entire Vascular Community and beyond to join in to **walk the 60,000 miles of the Arterial System**.

If you can walk, run, cycle and/or swim, we are asking you to get involved. **EVERY mile matters and EVERY mile counts!**

All challengers who raise £50 or over will receive #TheBodyWalk medal!



REGISTER

If you haven't already registered please click [here](#).

1. Select which challenge you want to take part in, whether you are an individual, team or vascular unit team.
2. Personalise your profile by adding a fundraising story, photo and fundraising target (optional).
3. Kickstart your fundraising by adding a donation, sharing your page or creating your own team (please be aware this is only for teams or vascular unit teams).
4. Connect to Strava to track your miles and off you go!



TEAMS- up to 6 persons

Why not gather a team?

Family, friends or colleagues, all are welcome. Choose a team leader to register for the challenge, then simply invite your teammates via email to join the team. Connect all your Strava accounts and your miles will automatically contribute to your team total during September.

Once the team leader registers and publishes their fundraising page, they can add team members easily via email.

Create your own fun-raising team

Team up with friends to raise even more by inviting them to connect their GivePenny profile to your fundraising page

Invite Team Members

Recipients will receive an email with a link to join your team.

first name	email address	Invite
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Add Person

You can also add additional team members from your profile once it's been created by clicking 'update'

This is your Fundraising Challenge page!

You can edit your challenge with the buttons on the right, or view what it looks like below.

Customise

Update

End Challenge

On the next page you can invite team members and see who is part of your team!

Team

<div style="background-color: #f4a460; color: white; padding: 5px;">Invite Team Members</div> <table border="0" style="width: 100%; margin-top: 5px;"><tr><td style="border: 1px solid #ccc; padding: 5px; width: 150px;">first name</td><td style="border: 1px solid #ccc; padding: 5px; width: 150px;">email address</td><td style="background-color: #f4a460; color: white; padding: 5px 15px; margin-left: 10px;">Invite</td></tr></table>	first name	email address	Invite	<div style="background-color: #f4a460; color: white; padding: 5px;">Current Team Members</div> <div style="background-color: #fff; padding: 10px; margin-top: 5px;">No team members yet!</div>
first name	email address	Invite		



VASCULAR UNIT COMPETITION

All vascular units will fight it out against each other. The team to achieve the most miles throughout September will be presented with #TheBodyWalk Vascular Unit trophy at the Vascular Society of Great Britain and Ireland's Annual Scientific Meeting dinner. You've got to be in to win it so set up your team today!

Teams can be of up to six people, however, there is no limit how many teams your vascular unit or centre can have.

CONNECTING TO STRAVA

Don't forget how important it is to register all your hard-earned miles to count towards our target. and the event will automatically add miles from a connected Strava account.

Once you have a GivePenny account, you can connect your Strava account via the Connections option.

Connections

You can connect apps to your account, which allows you to build really cool fundraising challenges. Click one to enable/disable or set any options.



Connecting your Strava allows you to track your miles and be sponsored for each one you do!

✘ You are not connected

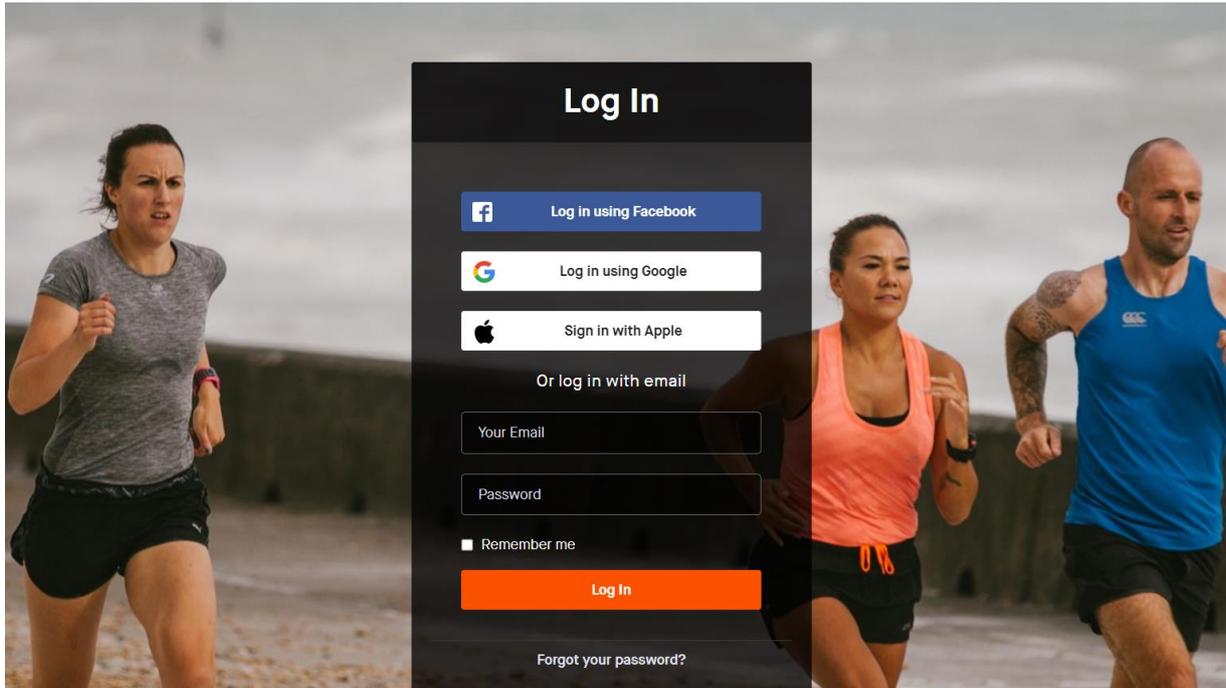




You can either log in to your account if you have one or Sign Up which is simple and free!

STRAVA

[Sign Up](#)



Once connected, your Strava miles will show on your profile ready to get in those miles during September!





Don't worry if you do not have a smart phone or watch to track your miles, you can also add miles manually through your fundraising page, as long as there is a connected Strava account. Log in to your Strava account, then add 'manual entry' and then the activity can be tailored to what was achieved.

Manual Entry

Distance	Duration	Elevation
<input type="text" value="2"/> <input type="text" value="miles"/>	<input type="text" value="00"/> hr <input type="text" value="25"/> min <input type="text" value="00"/> s	<input type="text" value="10"/> <input type="text" value="feet"/>
Sport	Date & Time	
<input type="text" value="Run"/>	<input type="text" value="01/09/2021"/>	<input type="text" value="12:30 PM"/>
Title		
<input type="text" value="Lunch Run"/>		

Please note, although there are other connections available, such as FitBit, only miles from Strava are automatically added to our grand total.

PLEDGES

Remember back in the day when you used to take a pen and paper to your neighbours to be sponsored for lengths of the pool? No? Wow! We must be old! Well, that used to exist... and now it's digital!

Donors can pledge to sponsor you or your team an amount per mile with a capped donation limit, all from your fundraising page.

No money will be taken at the pledge stage. When you have completed your challenge, or reached their pledge target, your donor will be emailed to pay their pledge.

Research has shown that using pledges, donors tend to be more engaged with your activities and donate more money, so it's a great idea to promote pledges to your friends and family!



SHARE YOUR STORY ON SOCIAL MEDIA

Raising awareness of vascular disease is our main priority and sharing your reasons for taking on the challenge will help us achieve this and hopefully inspire and support others.

Please keep everyone updated on your progress with pictures or videos of your challenge achievements. If you do not have any social media accounts we would be delighted to share your progress on your behalf, please email us with any updates.

We will share your updates on our social media so we can help maximise awareness by showcasing your support.

- Make sure to mention/tag @TheBodyWalk and Circulation Foundation wherever possible
- Please use hashtags such as #TheBodyWalk, #CirculationFoundation, #vascularawarenessmonth and #vasculardisease.
- Please use photos and videos wherever possible

Fundraisers that regularly update their page raise more! So, make sure you've got your apps connected and make your page shine.

Post updates about your fundraising on your GivePenny page, then share that you've updated, encouraging more people to visit and donate!

Templates for social media

Hey everyone, I'm taking part in #TheBodyWalk for The Circulation Foundation throughout September as part of vascular awareness month. Why not support me in this good cause to help 40% of the population living with a vascular disease. Go and check my fundraising page here <insert GivePenny fundraising page>

Thank you so much to everyone who has supported me so far! I'm now X days into my #TheBodyWalk challenge. I have completed X miles, and raised X. Please help support me by reading my fundraising page and donating! <insert GivePenny page>

Circulation Foundation Facebook: <https://www.facebook.com/CirculationFoundation>
Circulation Foundation Twitter: <https://twitter.com/CircFoundation>
TheBodyWalk Twitter: <https://twitter.com/TheBodyWalk>
Circulation Foundation Instagram: <https://www.instagram.com/circulationfoundation/>



INCREASE FUNDRAISING EFFORTS

Don't forget to add a photo, so people know you are human!

Make sure you add a story to your fundraising page, tell people why you are passionate about fundraising for the cause!

Share with your friends, family, colleagues, pets! - sharing is caring, and let everyone know what amazing work you are doing.

Set yourself a target, this can be any miles that you want and something to work towards. But don't worry if you don't reach it, it's still good to get out, be active and take part!

Ask to be included in your company's newsletter or website - get the awareness out there for the awesome fundraising you are doing!

FREE T-SHIRTS

All challengers can receive a FREE Circulation Foundation unisex t-shirt. Once you have registered, please send your preferred size and postal address to info@circulationfoundation.org.uk.

STAY SAFE

COVID-19 has created a "new normal" for all of us. To complete your challenge safely, please follow all current Government's social distancing advice, especially with regards to your own personal health conditions.

Please [click here](#) for the latest Government advice.

CONTACT

Please get in touch if you have any questions.

020 7205 7151

or email at info@circulationfoundation.org.uk