

# #TheBodyWalk 2022

## About

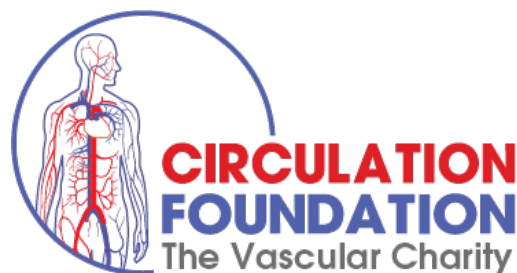
September is Vascular Awareness Month and the Circulation Foundation is excited to announce **#TheBodyWalk**, a national campaign to **heighten awareness of vascular diseases** and to raise imperative funding.

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!**

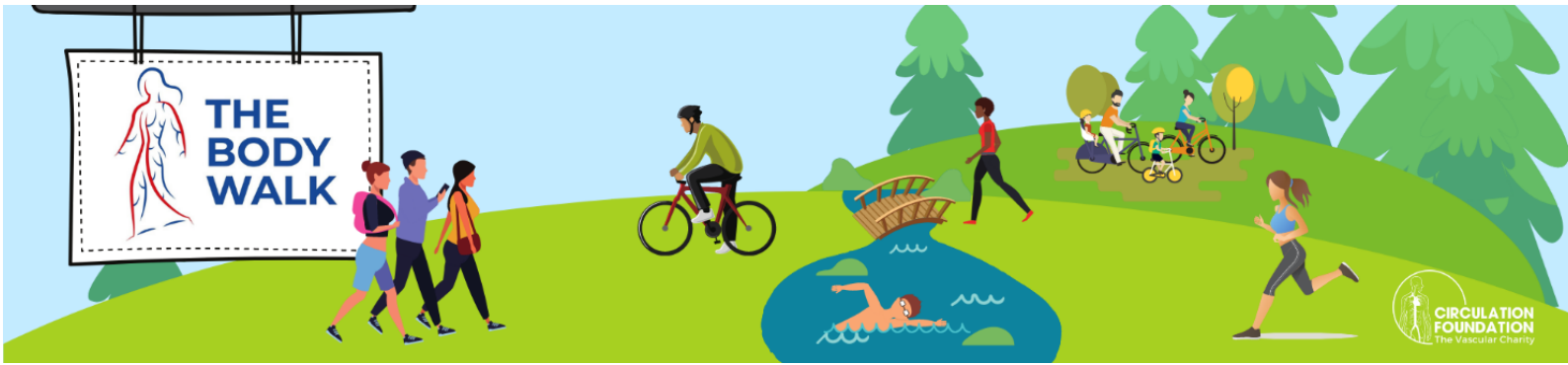
**All challengers who raise £50 or over will receive #TheBodyWalk medal!**



## REGISTER

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

1. Select which challenge you want to take part in, either individual or 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).
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.

Sign up to the event by choosing the 'Individual as part of team' option.



Individual Entry as part of team

Register

Then the chosen team captain can create the team, and add team members by sending an invite to their email addresses, or team members can register individually and find their team.

### CREATE OR JOIN A TEAM \*

CREATE

FIND



### CREATE A TEAM

Name this team

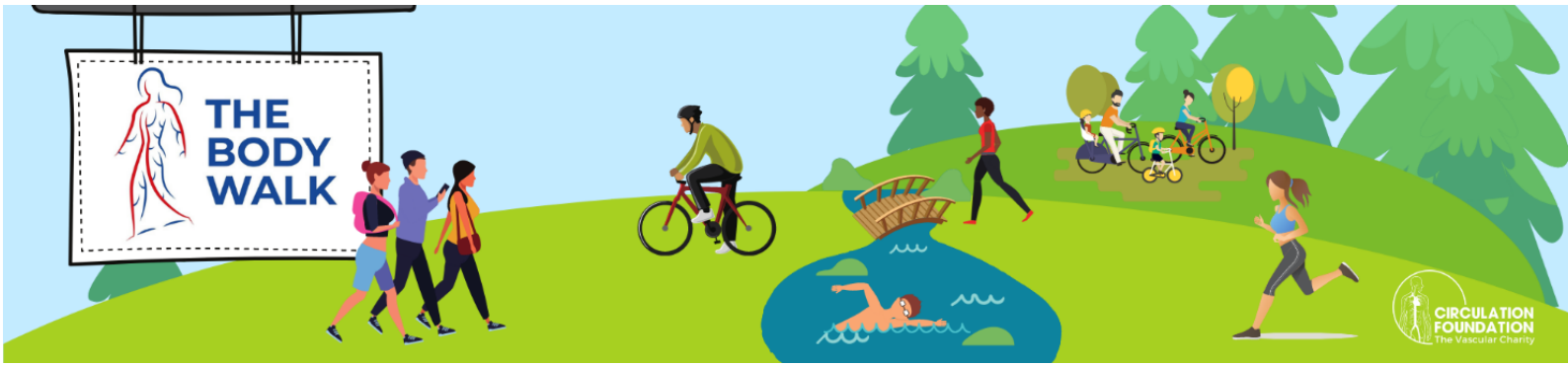
Invite your teammates to register for this event by entering their emails below.

Please separate their emails with a comma e.g. example@email.com, example2@email.com.

Alternatively, you can register them yourself by leaving the field below blank and clicking "Register Another Person" on the next step.

Enter emails

Create Team



## JOIN A TEAM

Search for your team by typing either the team name or the team captain's name in the box below.

Type here to search for your team or captain

Teams can personalise their page by adding a story, logo, and a target of how much they want to raise. Click [here](#) for help with this.

## COMPETITIONS

All vascular teams will enthusiastically compete against each other. The team to achieve the most donations throughout September will be presented with #TheBodyWalk Vascular Unit trophy at the Vascular Society's Annual Scientific Meeting dinner.

You've got to be in it to win it, so set up your team today!

New to 2022 there will be an award to the individual who raises the most donations, too!

## CONNECTING TO STRAVA

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

Once you've logged in to your fundraising page, you'll see the **Connect to Strava** option

James Bainbridge

My Story

Page story text goes here

Why not add the first donation!

People are more likely to give when they see others have donated, so why not get the ball rolling?

Not right now

£500 Target

Add offline donation

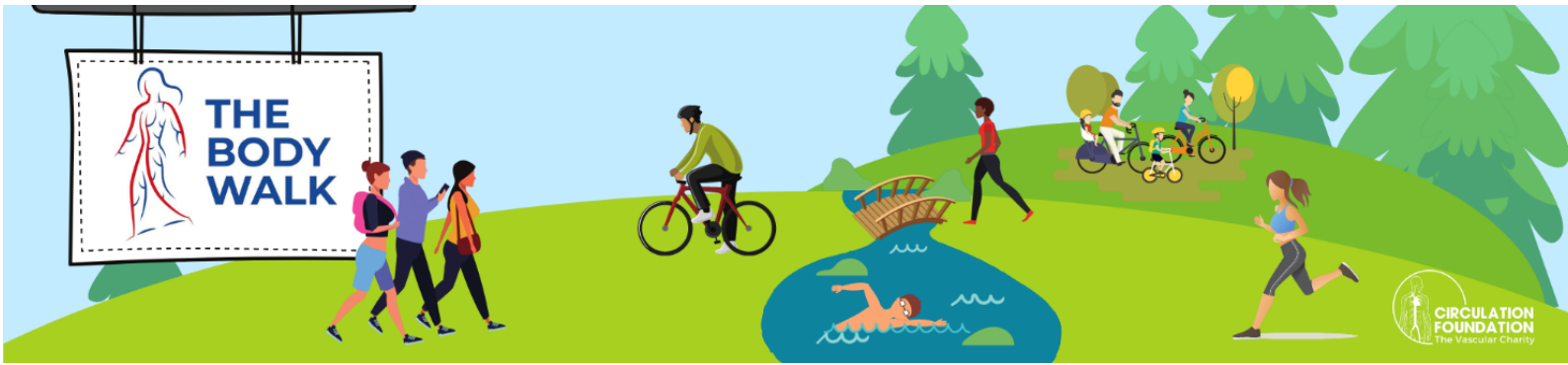
Edit target

enthusie Donate

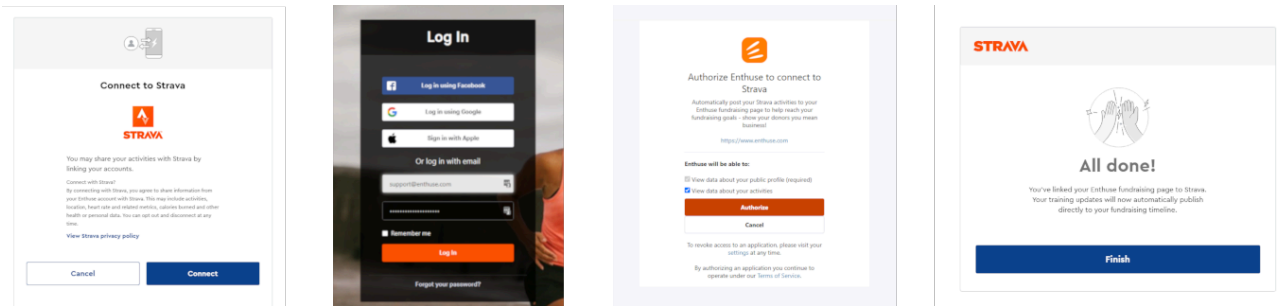
Share this page:

Did you know that you can connect to Strava and automatically post your activities to your fundraising page? Show your donors you mean business!

Connect to Strava

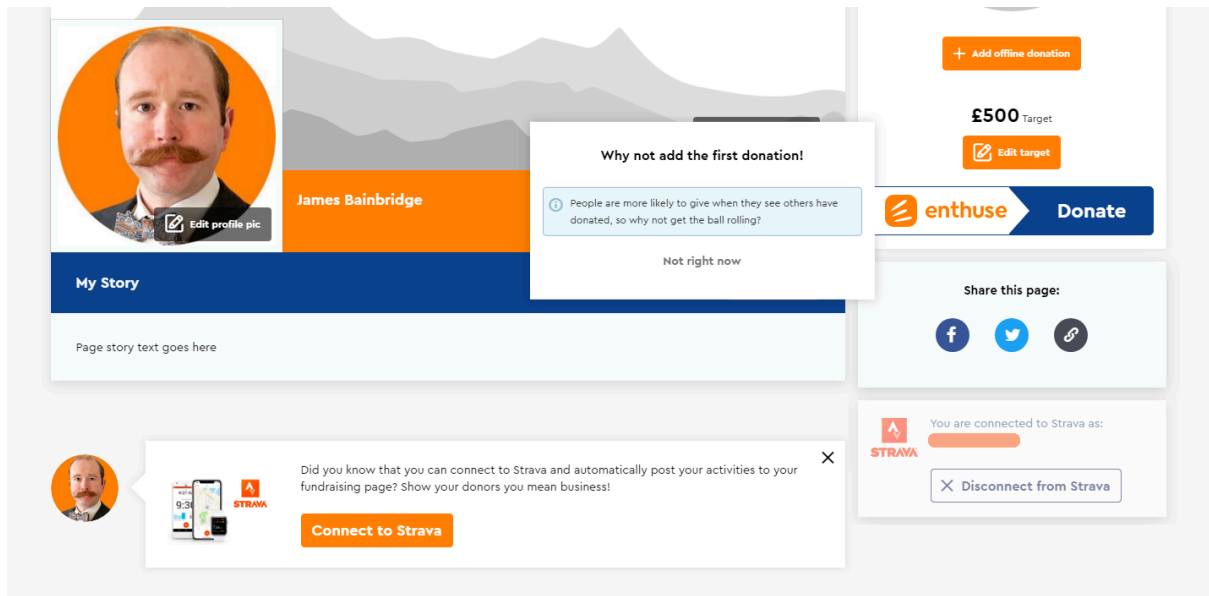


If you select this, you'll be taken to Strava's site, where you can log in and confirm the connection. When you've done this, select **Finish**, which will take you back to your fundraising page.

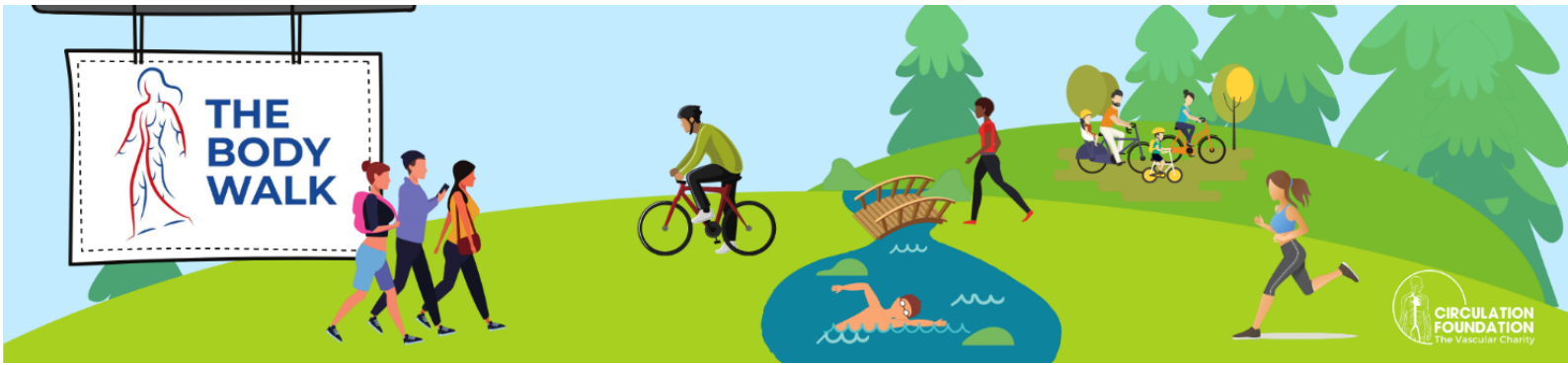


*Please note: If you are already logged in to Strava on your device, you may not see the second step above.*

**That's it!** When you've connected Strava, it'll show up on your page, where you can also disconnect your account if you need to.



Once connected, your Strava miles will show on your profile ready to display all of your 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, click '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"/>	

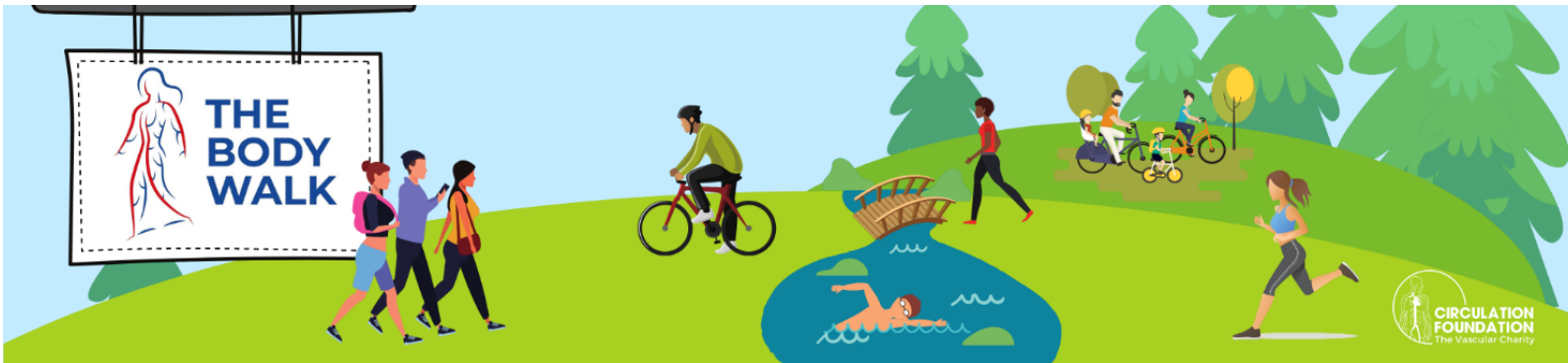
## PLEDGES

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 @CircFoundation 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.

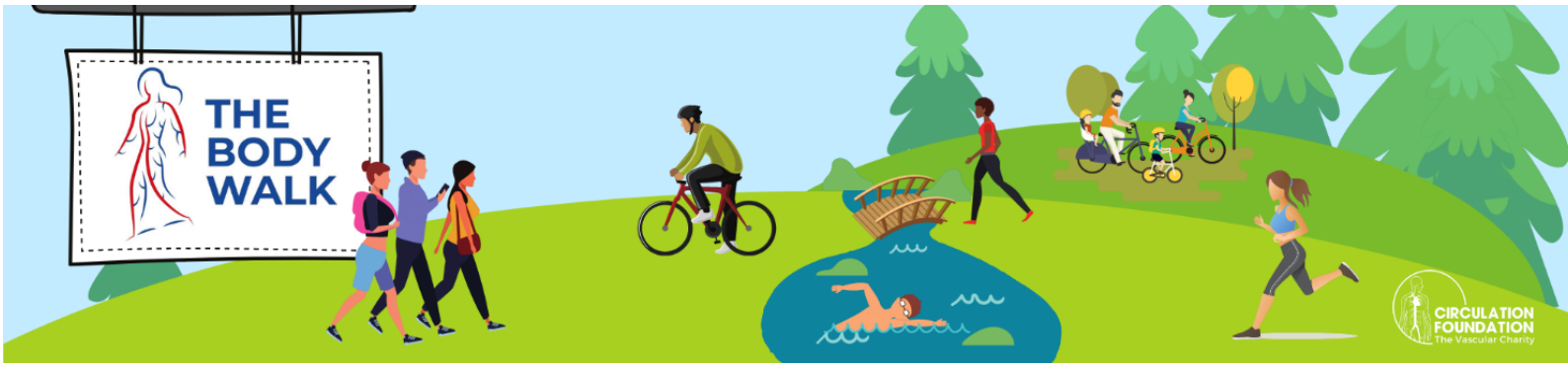
Post updates about your fundraising on your page, then share what you've updated, encouraging more people to visit and donate!

### **Templates for social media**

Hey everyone, I'm taking part in #TheBodyWalk for 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 out my fundraising page here <insert 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 fundraising 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 number of 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. Please choose your option whilst registering for the event.

## 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.

Call 020 7205 7151 or email [info@circulationfoundation.org.uk](mailto:info@circulationfoundation.org.uk).