



Challenge Ideas

Taking on a 25 Saves Lives fundraising activity can be as creative and challenging as you want to make it. Here are some ideas to get your creativity flowing:

Test your strength, fitness and determination - providing a perfect way to seek sponsorship

1. Can you move through a sequence of 25 yoga poses in 2.5 minutes?
Yoga is an excellent activity to introduce into your lifestyle as it can improve health, flexibility, strength and mental calmness.
2. Challenge your endurance and hold a plank for 2.5 mins.
The plank is one of the simplest exercises you can do but that doesn't make it easy! It can be an incredible test of endurance. How long can you hold a plank for?
3. 25 repetitions a day, of your preferred exercise, for 25 days.
Choose from press ups, squats, burpees, mountain climbers, sit ups or any other exercise of your choice. Make the challenge harder and choose your least favourite exercise!
4. Increase the intensity and take on 25 minutes of HIIT for 25 days
HIIT workouts are a great way to improve health and fitness in the comfort of your own home with no equipment needed. You could even invite friends to join you virtually to workout together!

5. Could you run, walk or cycle 25 miles?

Getting outside and exercising in the fresh air is a great way to boost your mood. Choose your preferred method of exercise and decide whether you could complete the 25 miles in one day or over 25 days – the choice is yours!

6. Do you love to dance?

Dancing is a fun and joyful way to exercise so why not dance your heart out in a 25 minute danceathon or silent disco?

You could dance away on your own in your living room or invite friends to join you virtually. You could even challenge your friends to a 25 hour danceathon relay!

7. Can you swim 25 lengths in 25 minutes, or could you swim further?

Swimming is a fun and healthy activity that offers a lower impact choice of exercise, whilst maintaining fitness and improving health. Challenge yourself to see how far you could swim in 25 minutes!

8. How far can you walk in 25 hours?

Walking is such an important form of exercise. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. Set yourself the challenge of walking continuously for 25 hours. You could do this at home in your garden or you could find a route and see how far you can get.

9. Relive your childhood and skip or hula hoop for 25 minutes a day or challenge yourself to 2,500 skips per day.

Skipping and hula hooping are the ultimate fun exercises, taking you back to your childhood. They are becoming increasingly popular with celebrities and are an excellent choice for all fitness levels as you can choose a pace that suits you. You could choose whether to skip or hula for a week, two weeks or 25 days?

10. The ultimate A-Z exercise challenge

Can you complete 25 repetitions of 25 A-Z exercises, finishing with a Zen pose to relax! Here are some suggestions to get you started:

A - Arm circles	N - Narrow Squats
B - Burpees	O - Overhead tricep extensions
C - Curtsey lunge	P - Push up
D - Deadlifts	Q - Quadruped leg lift
E - Elbow to knee	R - Russian Twist
F - Flutter kicks	S - Squats
G - Goblin squats	T - Tuck jump
H - High knees	U - upper cuts
I - Inchworm	V - V-sits
J - Jumping jacks	W - Wall sit squat
K - Knee tucks	X - X Crunch
L - Lunges	Y - Y-raise
M - Mountain climber	Z - Zen pose to relax

11. Join forces with your friends or family and take on a 25 mile / km relay.

Choose whether to run, walk or cycle. Decide on the distance each member of the team is completing and hand over the baton virtually or whilst maintain a safe distance. You could even set yourself a time limit in which to complete the 25 mile /km distance!

12. Do you enjoy swimming, running and cycling?

Why not take on your own Triathlon and swim for 2.5km, cycle for 25 miles and run for 2.5 miles.

13. The marathon 25 set Tennis match

Tennis is a fantastic workout, challenging both the body and mind. Challenge your fellow tennis players to a 25 set tennis match marathon.

14. Are you a keen footballer or football fan?

Can you do 25 keepie uppies without dropping the ball? Finish your challenge by getting the ball in the back of the net!

15. Do you aspire to be a world class basketball player?
How quickly can your score 25 baskets or how many baskets can you score in 25 mins from 25 feet? How many times can you bounce a basketball in 2.5 minutes. The world record for bouncing a basketball in 1minute stands at 708 – can you get close!

Active challenge ideas for children:

16. Are you the next Mo Farah?
Running 2.5km may not seem a challenge to you but for a child it is a huge achievement. Why not push yourself and run, cycle, scooter or rollerblade 2.5km – how quickly can you complete the distance?
17. Are you a star? Can you complete 25 star jumps every day for 25 days?
Regular physical activity is important as children grow, it helps improve health and wellbeing and star jumps are a fun way to introduce regular exercise. Perhaps the whole family could take on the challenge – who could make the biggest star as they jump!
18. Do you love to bounce? Trampolining is a great form of exercise, but can you keep bouncing for 25 mins without stopping!
19. Challenge your family to a mini Olympics using our 25 activity ideas and get the whole family active:
1. Star jumps – how many star jumps can you do in 25 seconds
 2. Step ups - how many step ups can you do in 25 seconds
 3. Squats – how many squats can you do in 25 seconds
 4. Long jump – how far can you jump?
 5. Triple jump – how far can you get in a triple jump?
 6. Sprint – who can sprint the length of the garden the fastest?
 7. Laps of the garden – how many laps of the garden can you run in 25 seconds?
 8. Bean bag throw – who can throw a beanbag / ball the furthest?

9. Bouncing ball – how many times can you bounce a ball in 25 seconds?
10. Keepie uppies - how quickly can you do 25 keepie uppies?
11. Plank – can you hold plank for 25 seconds?
12. Press ups – how many press ups can you do in 25 seconds?
13. Sit ups – how quickly can you do 25 sit ups?
14. Catch and clap – how many times can you catch a ball and clap in 25 seconds
15. Skipping - how many skips can you complete in 25 seconds
16. Hula Hopping - can you hula continuously for 25 seconds?
17. Obstacle course - who can complete an obstacle course the fastest?
18. Air balloon - who can keep a balloon in the air for 25 seconds without dropping it?
19. Around the world challenge - how quickly can you pass a ball around your waist 25 times?
20. Fast Feet – how many times can you dribble a ball around a marker and back in 25 seconds
21. Figure of eight – how many times can you pass a ball through both legs in 25 seconds
22. Speed bounce – how many times can you bounce sideways over a line/stick in 25 seconds?
23. Tap up tennis – how many times can you tap a tennis ball up into the air in 25 seconds?
24. Socks in a box challenge – how many pairs of socks / balls can you throw into a box in 25 seconds
25. Super slalom – how many times can you complete a slalom run in 25 seconds (set out 3 objects to weave in and out of).

If you would prefer to fundraise in a more sedate way here are a few ideas:

20. Do you love reading?

Relaxing and reading a good book can really help reduce stress. Can you challenge yourself to read as many books as you can in 25 days and ask your friends and family to sponsor you? Can you read 25?

21. Do you have a favourite treat? Chocolate, cake, coffee?

Most of us enjoy unhealthy treats from time to time. Could you give your health a boost by cutting out your favourite treat for October and asking friends and family to sponsor you – this can help make sure you don't give up!

22. Test your general knowledge with a 25-question quiz

Quizzes have become very popular over the last few months as a way of people staying connected. Host a virtual 25 question quiz for family and friends and ask for a small donation to take part – could you raise £25?

23. Do you love to solve a mystery?

Take on a 25-clue treasure hunt in your local area - you could set a trail for family and friends and ask for a small donation to join in.

24. Do you have a birthday or anniversary during October and have everything you need?

Why not ask for donations instead of a present this year?

25. **Simply make a [donation](#)** – every penny helps us deliver our vital breast cancer prevention work and we couldn't do it without you! You can donate easily via the website here.

Simply choose your challenge, set up a [Just Giving](#) or Facebook fundraising page and start fundraising.

For tips on how to kick start your fundraising and pay in any money that you raise please visit our fundraising guide [here](#).

If you would like to discuss any of our 25 Saves Lives fundraising ideas or have an idea of your own please contact Ellie Dorrell or Victoria Goldsmith at info@breastcanceruk.org.uk or call us on 0845 680 1322