

Push for Prevention Challenge Ideas

Exercising for 1,000 minutes in January, can be as creative and challenging as you want to make it. Here are some ideas to help you Push for Prevention and get friends, family and colleagues to sponsor you to reach your goal:

Test your strength, fitness and determination -

1. Can you flow through a sequence of 15 yoga poses every day in January?
Yoga is an excellent activity to introduce into your lifestyle as it can improve health, flexibility, strength and mental calmness.
2. Take on the 1,000 rep challenge! Can you achieve 1,000 repetitions of your preferred exercises regularly throughout January? How many reps can you achieve in total!
Choose from press ups, squats, burpees, mountain climbers, sit ups or any other exercises of your choice. Push yourself further by choosing your least favourite exercises!
3. Increase the intensity and take on 1,000 minutes of HIIT in January
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!
4. Could you run, walk, cycle or push a pram for 1,000 minutes?

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 1,000 minutes over a few days or daily throughout the month- the choice is yours!

5. Do you love to dance?

Dancing is a fun and joyful way to exercise so why not dance your heart out in a daily 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 1,000 minute danceathon relay!

6. Can you swim 1,000m or could you swim further?

Swimming is a fun and healthy activity that offers a lower impact choice of exercise, while maintaining fitness and improving health. Challenge yourself to see how far you can swim in January.

7. How far can you walk in 1,000 minutes?

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 1,000 minutes or add up your minutes daily. You could do this at home in your garden or you could find a route and see how far you can get.

8. Relive your childhood and skip or hula hoop for 1,000 minutes or complete 1,000 skips or hula hoops a day in January

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.

9. Join forces with your friends or family and take on a 1,000 minute relay.

Choose whether to run, walk or cycle. Decide on the number of minutes each member of the team is completing and hand over the baton virtually or whilst maintaining a safe distance. You could even set yourself a distance to cover in the 1,000 minutes – can you smash your target?

10. The 1,000 minute tennis match

Tennis is a fantastic workout, challenging both the body and mind. Challenge your fellow tennis players to a 1,000 minute tennis match during January. You could complete the matches over a few days, week or regularly throughout January.

11. Are you a keen footballer or football fan?

How many keepie uppies can you do in 1,000 minutes in January? Finish your challenge by getting the ball in the back of the net!

12. Do you aspire to be a world class basketball player?

Can you score 1,000 baskets or how many times can you bounce a basketball in 1,000 minutes throughout January. The world record for bouncing a basketball in 1minute stands at 708 – can you get close!

Active challenge ideas for children:

13. Are you the next Mo Farah?

Running 1,000m 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 1,000 m – how quickly can you complete the distance?

14. Are you a star? Can you complete 1000 star jumps in January?

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!

15. Do you love to bounce? Trampolining is a great form of exercise, but can you bounce 1,000 bounces without stopping!

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

16. Do you have a favourite treat? Wine, 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 January and ask friends and family to sponsor you – this can help make sure you don't give in!
17. Do you have a birthday or anniversary during January and have everything you need? Why not ask for donations instead of a present this year?
18. **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.

Now, choose your challenge and set up a [Just Giving Fundraising page](#).

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

We're happy to help. If you want to chat to us about our Push for Prevention 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