



British Heart  
Foundation

# BHF100K

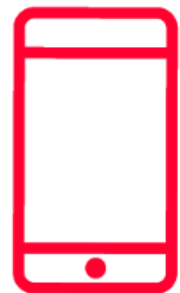
**Starting on September 1<sup>st</sup> you have one month to complete 100km**

Support the BHF and have fun with friends and family whilst getting fit by covering 100 kilometres running, walking, swimming, cycling, moonwalking – any way that you want! The BHF100K will give you weekly challenges that you can take part in, as well as health updates on our Strava page, all whilst supporting the fight against heart and circulatory diseases.

## **Sign up!**

Create and share your team Just Giving page and aim to raise at least £100 per participant for the British Heart Foundation.

[Click here](#) to join the BHF100K Strava community. Be sure to share photos of where you are, how you're progressing and encourage others to join the challenge on social media!



## Get out there!

Regular activity can lower the risk of developing heart and circulatory disease by up to 35%. That's not all. It has also been proven to control weight, reduce blood pressure and cholesterol and improve your mental health. [Look here](#) for more insight on why you should get active.



## Andrea's BHF100K

Andrea Catley's daughter suffered a heart attack on Boxing Day 2019, and the following Easter her fiancé was also rushed to hospital with atrial fibrillation. Andrea was inspired to change her lifestyle, started jogging, and subsequently joined the BHF100K challenge. She personally raised a tremendous £3,500, which was the most raised by any individual taking part.

**"These events around my loved ones made me put things into perspective. I needed to change my lifestyle, or I could be next."**



## What do you get out of it?

Not only are you, your friends, and family getting healthier, but you are empowering the fight against heart and circulatory diseases. Across the UK, one in four people die from these diseases and/or more than half will develop them in their lifetime.

## What's next?

Assemble your team and start fundraising!

- Set up your just giving page – go to the [campaign page here](#).
- For help and support [click here](#).

## Get out, get active and have some fun!

- Have some fun and smash that target of £100 per person
- Don't forget to share your progress, Just Giving page and photos on social media
- Join the Strava club and track our progress or use the health app on your mobile device or smart watch to keep track of your kilometers!

