

KEEP IT UP CHALLENGE

We've kept up our fight for LGBTQ+ inclusion in sport for 10 years and we need your help to keep it up for the next 10.

How will you pledge your support to **#KeepItUp** for LGBTQ+ inclusion? Walk 10 miles, cycle 10,000 miles or do 10 arm raises - whatever your age or ability, the keep it up challenge is yours.

IT COULDN'T BE EASIER TO SIGN UP TO THE KEEP IT UP CHALLENGE.

- Choose your challenge for the month
- Pick a day to start
- Set up your fundraising page
- Share with family, friends and colleagues
- Raise as much money as you can
- Have fun!

STUCK FOR IDEAS? WE'RE HERE TO HELP.

Why not commit to keeping up one or a combination of the following every day for a month...

- 100 skips
- Walk 10,000 steps
- Swim 1km
- 100 squats
- 100 push ups
- Wheel, walk, jog or run 10km a day
- 30 minutes of exercise a day
- 100 arm raises a day
- Knit for a set amount of time each day
- Dance for 30 mins to your favourite music
- Post a workout/motivational vlog video on TikTok
- Make a new flavour of smoothie every day
- Learn a new skill
- Stream for 100 hours over 30 days




RAINBOW LACES 10



There are so many ideas you can keep up with to support our work and LGBTQ+ inclusion in sport. Why not challenge family, friends or colleagues to keep it up with you? Having people on your team can create healthy competition, increase motivation and most importantly helps spread the word.

Visit our [Just Giving campaign](#) today to set up your fundraising page and get started.

If you raise £10 or more, we'll send you a free pair of Rainbow Laces. Simply [email](#) our fundraising team with a link to your fundraising page, your name, address and choice of lace and we'll do the rest.

Keep up the conversation, share your **#KeepItUp** journey with us on social media   

[Sign up](#), start your fundraising today help us keep up the conversation for LGBTQ+ inclusion in sport.