



Rushmoor Healthy Living  
The Meads Business Centre  
Kingsmead  
Farnborough  
Hampshire  
GU14 7SR

February 2018

Thank you for taking part in RHL's Great Step Challenge. In addition to raising money for RHL, we hope that it will help you take a step towards improving your fitness whilst having lots of fun! We have compiled three different challenges so there will be something suitable for all ages and all levels of fitness and ability.

We are a community-based charity in Farnborough who want everybody to enjoy good physical and mental health, no matter what their background. Our activities range from exercise classes (that improve both physical and mental health) to health education programmes (that encourage behavioural changes through support and education). This video says it all:

<https://youtu.be/xqkxLCn368>

We want to eradicate loneliness and isolation amongst all groups not just the elderly. By taking part in our activities not only do people get fitter and feel better, they also meet new people and make new friends. We do not run gym classes and lycra is seldom seen! We want people to feel part of something, help us to come up with new ideas and, above all, to enjoy themselves and live longer!

To take part in RHL's Great Step Challenge, follow the simple instructions on the Results Tracker form for the challenge that you have chosen - then get sponsored. You can choose to either collect sponsorship via our hard copy Sponsorship Form, or alternatively set up an online donation page linked to RHL. If you use the hard copy form please return the money that you've raised to your RHL Class or directly to the RHL Offices by Friday 23<sup>rd</sup> March 2018. If you would prefer to set up online donations please see the online sponsorship set-up guide document. Please ensure that you put all your details on the sponsorship form or (if using Charity Choice) email us at [brad.dale@rhl.org.uk](mailto:brad.dale@rhl.org.uk) to confirm your name, age, contact details and details of your group/ class (if applicable) in order that we can enter **everyone raising over £15 into a draw for one of the following fantastic prizes:**

Pre School age – Zoggs Swim Bundle

Infants age – Family Millers Ark Farm Voucher

Juniors age – 2 Player Laser Run Voucher for two games

Secondary/6<sup>th</sup> Form – Cinema Voucher

Adults – Gift Bundle containing a Portrait Sitting voucher with complimentary photo, 4 x Fleet Town Football Club tickets and a Bottle of Prosecco

Why not encourage your friends and family to join you – there are lots of different challenges with something suitable for all ages and all levels of fitness/ability! If you have any queries, please don't hesitate to give the RHL Team a call on 01252 362660. Good luck with your Challenge!

Kind regards,

*The Team at RHL*