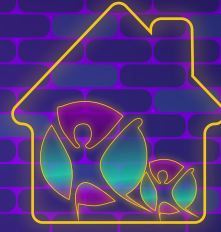




GIV2GO

STEP UP STAY PUT



The Lockdown Challenge

Overview

Get fit, **COMBAT CABIN FEVER** and raise funds for several worthy causes with a charity fitness challenge we can get involved in from home!

When your kitchen table has become your work desk and your fundraising and fitness goals have been squashed from cancelled events, **Step Up Stay Put** is a self isolation solution!

Break up your day and **achieve a minimum of 10,000 steps without leaving the house!**

We'll be sharing daily updates of fun new workouts to get your steps from home!

Family Registration: Little Steps Count Too!



Need to keep the kids busy while you get some work done?

Sign up as a family!

Give the kids your step counter and send them for a few laps to bump up your steps for the day while you get some quiet time!

Pick a Charity of your Choice.



Step Up Stay Put is a way we can raise funds from our own home without the large scale events for 5KM walks, 20KM runs or 100KM cycles!

It's a simple challenge to keep you fit and well during lockdown while supporting the many charities that are suffering due to the cancellation of fundraising events.

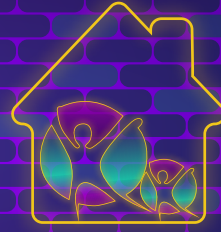
If you were planning on fundraising and your event has been cancelled, if you are losing your mind in isolation or wanting to do something to help, **GET INVOLVED!**

Don't go outside unnecessarily, Step Up! Stay Put!



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How to get 10,000 Steps from Home.

It's time to get inventive!

You can achieve 1,000 steps indoors in just 10 minutes in a number of ways.

Be sure to have your Fitbit/phone/Garmin or what ever you use to monitor your health on you or your child at all times. Most phones will have a health app that counts your daily steps.

We'll be sharing daily online workouts to help but here are a few ways to bump up those steps:

1. Walk around your garden while taking business calls



2. Take online dance workouts, HIIT, Zumba, Step workout



3. Use the stairs! Stair hops, stair crawl, stair press, stair lunges or just take a few laps

4. Increase your strength with jump squats, mountain climbers, burpees



5. Enjoy some interval training with jumping jacks & lunges



6. Send the kids running in the garden with your device

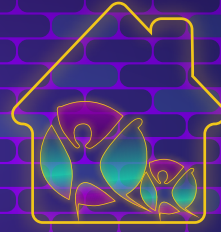
7. House work and gardening can increase your step count massively so no better time to do some spring cleaning

Taking a walk is ok when it's necessary but we recommend keeping to your own household as much as possible during these times.



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STEP UP STAY PUT



The Lockdown Challenge

Signing Up, Inputting Steps, Raising Funds:



1. **Register** for Step Up Stay Put on [Giv2Go.com](https://www.giv2go.com) at the Fundraising Events section.
2. Select the Individual Option or Family Option. Create your event profile page and title it by your name or family name.
3. **Select a charity of your choice** or if you don't have one, we recommend (The COVID Response Team (CRT) "Keep Breathing" campaign)
4. Select your steps target! You can **reach 1 million steps in 100 days** or sooner depending on how many steps you achieve!
5. Once your profile is set up, you can use your profile link to share on social media to **get people to donate** to your cause.
6. Input your steps daily by using the **"Update Steps"** button on your profile. It's up to you to submit your progress which will show up on the Stepometer!
7. Share your steps progress on your Giv2Go profile link with **#StepUpStayPut2020 @Giv2Go** to get people to donate for your cause!
8. Submit proof of your steps weekly to stepupstayput@giv2go.com where your progress will be monitored.
9. For every 50,000 steps, you'll receive a certificate!
10. For 1 Million steps, you'll get a medal of honour! **The race is ONNN!**



NEED HELP?

Email support@giv2go.com with any questions!



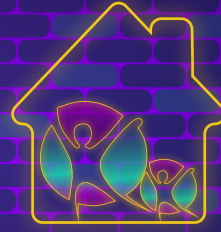
REGISTRATION:

Individual: €10 - add your own name to your profile
Family Registration: €20 - add your family name to your profile



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STEP UP STAY PUT



The Lockdown Challenge

Charity:



You can choose your preferred charity but if you don't have one, the main cause we will be supporting for this event will be to support **The COVID Response Team (CRT)** "Keep Breathing" campaign, a not-for-profit team of engineers, medical doctors, students and innovators who have come together with the sole purpose of developing a new, open-source, easily manufactured ventilator that will save so many lives throughout this pandemic. As part of their solution they intend to provide training and instruction to healthcare workers and engineers around the world who wish to manufacture Emergency Covid Ventilators locally.



FAQ's

Can I count steps if I don't own a fitness watch?

Yes! There are a number of very useful pedometer apps!

If you don't have a Fitbit or Health watch, you can still count your steps on your phone once you keep it in your pocket! Use Apps such as:

- Google Fit
- Leap Fitness Step Counter
- My Fitness Pal
- Pedometer by ITO
- Pace Health Pedometer

I forgot to bring my phone and it didn't count my steps!

There are tonnes of sites online that will calculate your number of steps.

My Fitness Pal allows you to input exercise manually but you can also convert other exercises into steps on the sites below: Activity to step conversion [HERE](#) & [HERE](#)

I didn't make my 10,000 steps today! What do I do?

Don't fear, you can make it up on another day. This is about keeping you fit and well during isolation while raising money for charity.