



## GO GREEN

Choosing to walk short journeys instead of driving will increase your steps. It's also the most environmentally friendly way to get from A to B. If your journey is less than a mile, then why not get out of your car and walk.



## GET SOCIABLE

Why not get a group of friends or colleagues together and start stepping. Walk the school run, get out and about on your lunch break or catch up with friends over an evening walk.



## GET FIT PHYSICALLY

Walking is the easiest and least stressful way to get fit and it costs nothing. Taking part in Step Up September will help with your overall fitness and it's a great, low impact way to keep in shape.



## GET FIT MENTALLY

Getting out and about is great for your mental wellbeing. Walking improves self-perception and self-esteem. It's also a mood heightener, so a really positive way to start the day, reducing stress, anxiety and fatigue.

## WAYS TO INCREASE YOUR DAILY STEPS

If you're struggling to think of ways of fitting more steps into your day then we have a few ideas for you:

- Why not do part of your journey to work on foot. Park a couple of streets away from the office and walk in.
- You need to take a trip to the shops? Then pull on your shoes, grab your bags and stroll to the shops or the bus stop.
- Take the stairs instead of the lift. Get those legs working!
- Get off the bus on stop earlier and walk the rest of your journey.

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[trusselltrust.org/step-up-september](https://trusselltrust.org/step-up-september)

# STEP UP September



## IT'S TIME TO PUT YOUR BEST FOOT FORWARD AND HELP US STAMP OUT UK HUNGER ONE STEP AT A TIME

The Trussell Trust is an anti-poverty charity that supports a network of over 420 foodbanks nationwide to provide food to people in crisis, offer additional support and campaign for change to work towards a future where foodbanks are no longer needed.

Now is your chance to put your best foot forward, and help us to raise awareness and funds so that we can continue to support our Foodbank Network.

Set your own challenge or take part in our 350,000 step challenge over the whole month of September.

Step Up September is also the perfect way to kick start a healthier routine. Getting out and about is a great way to get fit, connect with nature and de-stress.

Record your daily steps in the walking log inside this leaflet.



# STEP UP SEPTEMBER ACTIVITY LOG

The challenge begins on Saturday 1<sup>st</sup> September and ends on Sunday 30<sup>th</sup> September.

Use a steps counter app on your mobile phone to measure your steps and record your daily activity in this log.

At the end of the step up September challenge total up your steps and let your sponsors know how many steps you took. The money you raise will help us stamp out UK hunger one step at a time and for that we are truly grateful

Join the chat on #StepUpSeptember

To pay in your sponsorship money to Southport Foodbank go to our website <https://southport.foodbank.org.uk/> and click the red donate button at the top of the page.

	WEEK 1 1-2 September	WEEK 2 3-9 September	WEEK 3 10-16 September	WEEK 4 17-23 September	WEEK 5 24-30 September
MONDAY	X	03	10	17	24
TUESDAY	X	04	11	18	25
WEDNESDAY	X	05	12	19	26
THURSDAY	X	06	13	20	27
FRIDAY	X	07	14	21	28
SATURDAY	01	08	15	22	29
SUNDAY	02	09	16	23	30
<b>WEEKLY TOTAL</b>					
				<b>GRAND TOTAL</b>	