



GET CHORLEY MOVING

INSPIRE
AN **side** YOUTH ZONE

A little more information...

Are you ready to take part in our six-week programme to get moving for ten minutes a day?

Social Media

Facebook - @inspireyz

Twitter - @inspireyz

Instagram - @inspireyouthzone

YouTube - @InspireYouthZone



WELCOME

Thank you for signing up to our brand-new campaign at Inspire, Chorley Youth Zone...
GET CHORLEY MOVING!

Are you ready to get yourself moving? We are encouraging everyone, young and old to take part and join in. Our six-week programme encourages people to get moving for at least one hour a week in any way possible, from jumping jacks to squats to skipping. Our mission is to get everybody moving in lockdown and beyond, plus staying fit and healthy, whilst also having plenty of fun!

Evidence demonstrates that 10 minutes or more of moderate to vigorous activity performed several times a day - to achieve at least 60 minutes in total will help maintain good fitness and health overall. In addition to this programme, we will need a grown ups assistance to keep track on how much exercise you are completing on a weekly basis. In this pack you'll find ideas to keep moving, a sponsorship form (optional), exercise log (which needs filling in daily), checklist and reminder about what we require before you can start the campaign.

A recent report by Sport England stated the number of children and young people who were physically active fell during the 2019/20 academic year with the pandemic restricting the type of activities available. It also showed only 44.9% met the guidelines of taking part in sport and physical activity for an average of 60 minutes or more a day. This is why it's important to remember that healthy children become healthy adults so the physical, social and emotional benefits of being active in childhood will set our young people up for a healthier future.

So what you waiting for?

Let's get moving!

Danny Coyle

Get Moving Chorley & Sports Coordinator

Danny.Coyle@inspireyouthzone.org

www.inspireyouthzone.org/get-chorley-moving/

Want to stay in contact?

Text message only our Get Chorley Moving phone number: 07849 654388



10 MINUTES

EACH DAY, YOUR OWN WAY!

WALK THE DOG

HAVE A DANCE

JOG ON THE SPOT

FROG JUMPS

SKIPPING

HULA HOOP

BIKE RIDING

GO FOR A RUN

KEEPY UPPY CHALLENGE

GO SHOPPING

TAKE UP YOGA

CARTWHEELS

PUSH-UPS

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AN **ON THE SIDE** YOUTH ZONE

giftaid it

**BOOST YOUR DONATION BY 25P FOR
EVERY £1 YOU DONATE
(IT WON'T COST YOU A PENNY!)**

I want to gift aid my donation and any donations I make in the future or have in the past 4 years to Inspire Youth Zone. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that year, it is my responsibility to pay any difference.

Please let us know if you want to cancel this declaration, change your name or home address, or no longer pay sufficient tax on your income.

Signature _____

Did you know you can also FUNDRAISE ONLINE!

Create your online page by visiting **Virgin Money Giving** and selecting **Inspire, Chorley Youth Zone** as your chosen charity

[illegible]

Inspire Youth Zone,
Chapel Street,
Chorley, Lancashire, PR7 1BS

Email: Fundraising@InspireYouthZone.org

Reg. charity no. 1167309 | Reg. company no. 09972518



Photocopy me or contact Fundraising@InspireYouthZone.org for more copies

£

FUNDRAISING
REGULATOR



Daily Exercise Log

Day 1.	Day 2.	Day 3.	Day 4.	Day 5.	Day 6.
Day 7.	Day 8.	Day 9.	Day 10.	Day 11.	Day 12.
Day 13.	Day 14.	Day 15.	Day 16.	Day 17.	Day 18.
Day 19.	Day 20.	Day 21.			

**Don't forget to tick off each day and tell us
what activity you have completed!**



Daily Exercise Log

Day 22.

Day 23.

Day 24.

Day 25.

Day 26.

Day 27.

Day 28.

Day 29.

Day 30.

Day 31.

Day 32.

Day 33.

Day 34.

Day 35.

Day 36.

Day 37.

Day 38.

Day 39.

Day 40.

Day 41.

Day 42.



**Don't forget to tick off each day and tell us
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CHECKLIST

Complete the registration form and send via email
www.inspireyouthzone.org/get-moving-chorley/

☐

Join our Strava account by searching for
Get Chorley Moving (Optional)

☐

Plan and track your challenge with our daily log or on Strava.
Make sure you take pictures and videos of your exercise!

☐

Keep us updated with your progress on Facebook and Twitter
using @inspireyz

☐

Remember to have plenty of FUN and you can also join in
with our online videos which will feature on YouTube

☐

REMEMBER...

If you go outside, tell a parent/guardian where you are going

If you are tired or have done too much, rest then go again

Make sure you are hydrated and drink plenty of water

If you are exercising with somebody else, please ensure you follow the
Covid-19 guidelines

If the weather is really bad, stay inside
and complete an activity at home



PLEASE DON'T FORGET....

If you are 18 or under you **MUST** get a parent/guardian to help you fill in the registration form and email: Danny.Coyle@inspireyouthzone.org

The campaign is completely **FREE** for participants and the more people signed up the better, so don't forget to tell friends and family!

Adults can also take part in the campaign and help fundraise at uk.virginmoneygiving.com → Search Chorley Youth Zone → Events → Get Chorley Moving

If you require additional support regarding the **GET CHORLEY MOVING** campaign please get in touch by email: Danny.Coyle@inspireyouthzone.org or text: 07849 654388

Inspire, Chorley Youth Zone,
Chapel Street,
Chorley,
PR7 1BS

HAVE PLENTY OF FUN!