

Fundraising ideas

We want to make sure you're rewarded for your incredible effort. So we've put together these handy fundraising tips and ideas to kickstart your challenge.

Film a video

Video yourself completing your challenge to let friends and family know you're taking part and share it across your social media.

Make a donation

Show potential supporters that you're committed and kick off donations with a contribution to your own online Giving Page.

Ask your employer

Taking on 100 squats a day will make you feel more energised at work. What's your company prepared to donate to their happier and healthier employee? See if they'll make a donation, or match the funds you raise.

Wrap-up event

'I'll donate when you've done it' – the words no squat champion wants to hear! Hold doubters to their word with a wrap-up event at the end of your month, and lap up those last-minute donations!

