

RAMBLE FREE



FOR ROYAL FREE CHARITY

Hints and tips to Ramble Free

So, you've signed up to Ramble Free, you've set up your fundraising page, you've told all your friends about it ... and now you've actually got to go ahead and do it.

We're not saying it'll be easy – nothing worth doing ever is – but we've looked to make it that little bit easier with our handy hints and tips.

- Make sure you warm up and warm down with some stretches – you'll be thankful for this, particularly if you're going to walk at a brisk pace.
- Dress for the occasion – it gets chilly this time of year, so make sure you're wearing a hat, gloves, and enough layers to keep you comfy.
- Break down the challenge into manageable chunks – 50km is 1.6km per day or 3.3km every two days.
- Alternatively, you may want to do a couple of massive walks; maybe two 25km ones (around 15 miles).
- ...Or you might want to set a goal to walk a little bit further each day e.g., just to the post office, past the post office to the train station, past the train station to the bridge.
- To avoid getting bored with the same old route, try different walks close by – you could use [the Ramblers website](#) to help.
- Make sure you get both your arms and legs going when you walk; making it feel like proper exercise and getting your heart rate up.
- Use technology to track your progress; km walked, number of steps, calories burned. You could use a smart watch, like a Fitbit, or you could use any number of apps on your phone.
- Get a 'walking buddy'— someone to push you on and hold you to account, but who will also keep you company and keep your spirits up.
- If you can't get/don't want a walking buddy, find some music you want to listen to or a favourite podcast – you could even create a specific 'walking playlist'.

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- Celebrate the little wins: each walk brings you closer to your 50km total, closer to your fundraising target, and means you've done a bit of exercise that day – treat yourself with your favourite film or a mug of tea and a couple of biccies.
- In the same vein, if you miss a day don't beat yourself up – this challenge is to be completed across a month, so there'll be plenty of other days to make up for it.
- Keep your sponsors/donors up to date across your social media channels; how many km did you do today? What was the weather like? Was it tough out there? Any little wins? Don't forget to tag us in, [@RoyalFreeChty](https://twitter.com/RoyalFreeChty), and use the hashtag #RambleFreeForRoyalFree
- If you have a fundraising page, update it when you've reached a milestone e.g., halfway through –has your general health improved? Are you getting nearer your fundraising target? How does that make you feel?
- Most importantly, enjoy the challenge and know, by taking it on, you're helping millions of patients, our doctors and nurses, and teams of essential clinical researchers.

Remember, if you need any further help, you can always contact your Fundraising Team here at: fundraising@royalfreecharity.org.