



**So, what next, whilst you await our next 3k event? Would you like to stay fit whilst supporting a great cause? Why not leapfrog into February with a Fusion Fit February challenge?**

You can stay #FusionFit together with Active Fusion and raise vital funds to save children and young people's lives this February. And, as it is a leap year, we have 29 days to stretch ourselves make it the best month of the year yet!

**This February, why not join our mascot VIP and members of the Active Fusion Community of Fundraisers as they take on 2900 squats for charity.**

Squatting not your type of challenge? Here's what the rest of the Fusion Family Mascots are doing to stay active this February.

- Zip and his friends will be wheeling their way to 10K a day.
- Pip and his parents will be running (sometimes walking) a mile every day.
- Whilst Kip is committed to hiking 29 miles, in just one day! Now there is a challenge!

### **Will you join them?**

You can participate on your own, with a group of friends, colleagues or family. Run, walk, wheel, squat or star jump your way to raising funds and staying fit this February.

To find out more and how you can take part in Fusion Fit February contact [becky@activefusion.org.uk](mailto:becky@activefusion.org.uk) or simply head to our Fundraising pages on our website using the [QR code below](#).

On the website you will find a guide on how to set up your Just Giving page and start planning your fundraising challenge your way today.

**Thank you for your continued support!**

