

# YOUR DECEMBER 2023 CHALLENGE IS HERE



**RACE AT  
YOUR PACE**

[www.raceatyourpace.co.uk](http://www.raceatyourpace.co.uk)  [www.raceatyourpace.com](http://www.raceatyourpace.com)

# WELCOME!

## STAY MOTIVATED THIS DECEMBER!

It's the last month of the year! Make sure you finish 2023 in style with our festive December medal!

A perfect wintery scene features on our December medal. Snow-capped mountains stand proudly in the background, behind Christmas cabins and tall fir trees glistening with snow. The holly and ivy design around the edge and on the reverse of the medal finishes off the design perfectly.

We know you'll love this medal as much as we do - it's the perfect medal to end the year!

Whether you're running, walking, swimming, cycling, stepping or wheeling, everyone here wishes you the very best of luck for your challenge.

Let's make the last month of the year the best month! You can do it!

Race At Your Pace 

## THIS MONTH'S MEDALS AND TOPS



Complete the look with our new matching training tops!  
Add them to your entry for **only £9.95!**

## FOLLOW US

Keep up with the latest from Race At Your Pace and see how others are getting on with their challenges across our social media channels. Search for 'Race At Your Pace' on Facebook, Twitter and Instagram.

# SUCCESS!

JOSEPHINE JOINED  
RACE AT YOUR PACE DURING  
THE VERY FIRST LOCKDOWN  
READ ON TO FIND OUT MORE!

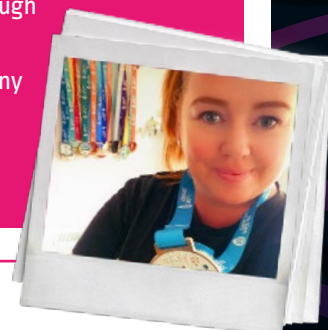
## JOSEPHINE OLDHAM

I'd gone from a very busy job with lots of travelling to all of a sudden being stuck behind a desk at home barley reaching 1,000 steps a day.

I searched online to find something I could do to get up and move and that was affordable at the same time. That's when I came across Race At Your Pace.

My first medal was 75 walking miles and I remember being so proud when it arrived in the post. I couldn't believe that I had managed to walk that distance. This kept me motivated and wanting to collect lots more shiny medals.

I have since encouraged friends to sign up and walk miles with me, we love it on medal day when they arrive in the post. Without Race At Your Pace keeping me motivated and accountable I wouldn't have had the confidence to get out again and work through my grief and achieve so many more miles.



# BENEFITS OF EXERCISING

## 30 MINUTES A DAY

01 

BOOSTS  
YOUR MOOD

02 

HELPS TO  
MAINTAIN WEIGHT

03 

REDUCES YOUR  
STRESS LEVELS

04 

REDUCES  
ANXIETY

05 

REDUCES RISK OF  
HEART DISEASE

06 

INCREASES YOUR  
ENERGY LEVELS

07 

GETS THE  
BLOOD PUMPING

08 

PREVENTS  
OBESITY

09 

REDUCES THE  
RISK OF CANCER

10 

IMPROVES THE  
QUALITY OF SLEEP

## CREATE YOUR OWN GROUP!

Are you interested in creating a family and friends group for **some healthy competition**?

With your unique group link you can **enter your challenge**, **set a group goal** and **engage in some friendly competition** using our **exclusive leaderboard**!

**CREATE YOUR GROUP NOW!**



# MAKE IT PERSONAL!

## PERSONALISED DISTANCE MEDALS



IF YOU'D PREFER A MEDAL WITH YOUR EXACT DISTANCE FOR THE MONTH - THEN THIS IS FOR YOU!

Complete your challenge as normal, but at the end of the month we will ask for your actual miles. Our team will then custom engrave your distance for a truly unique medal made just for you!

**Get your medal personalised for only £3.95 / \$5.95 extra!**

## PERSONALISED DISTANCE TOPS

**43 MILES**  
**DECEMBER 2023**

YOU CAN NOW CELEBRATE YOUR ACHIEVEMENT WITH A PERSONALISED TRAINING TOP!

Featuring a unique design inspired by our monthly medals, this high quality, flexible vinyl print will let you proudly show off your challenge distance.

Your top will match your challenge distance; if you purchase a personalised medal we'll make sure your top matches your actual miles!

**Get your top personalised for only £4 / \$5.50 extra!**

## TOP TIPS

### FESTIVE FITNESS TIPS: HOW TO KEEP FIT THIS CHRISTMAS

- **KEEP TRAINING**  
STAY ON TRACK TO REACH YOUR GOALS. EVEN IF YOUR SESSIONS ARE SHORTER THAN USUAL, IT'S SO IMPORTANT TO KEEP GOING.
- **TRAIN WITH A FRIEND**  
CHRISTMAS IS A TIME FOR FRIENDS AND FAMILY, SO WHY NOT TRAIN WITH A FRIEND TOO?
- **PUT A PLAN IN PLACE**  
A PLAN CAN HELP YOU TO DO THE RIGHT EXERCISE AT THE RIGHT TIMES, EAT THE RIGHT FOODS AND MODERATE YOUR DRINK, HELPING YOU STAY FIT THIS CHRISTMAS.

## CONTACT US

### GOT A QUESTION? NO PROBLEM! WE'RE HERE TO HELP!

If your question still isn't answered, you can reach us using one of the following options:



EMAIL

[info@raceatyourpace.co.uk](mailto:info@raceatyourpace.co.uk)

We aim to respond to all messages in one working day.



ONLINE CHAT

[raceatyourpace.co.uk/contact](https://raceatyourpace.co.uk/contact)

Online chat is available Monday to Friday, 9am to 5pm.



FACEBOOK MESSENGER

[m.me/raceatyourpace](https://m.me/raceatyourpace)

We aim to respond to all messages in one working day.



FAQS

[raceatyourpace.co.uk/faqs](https://raceatyourpace.co.uk/faqs)

Our full FAQs are available online.