

YOUR JANUARY 2024 CHALLENGE IS HERE



**RACE AT
YOUR PACE**

www.raceatyourpace.co.uk  www.raceatyourpace.com

WELCOME!

LET'S TAKE ON 2024 TOGETHER!

It's a new year and a new chance to either make changes or continue your fantastic work from the past 12 months!

Whatever your plans, we're here to ensure you stay motivated, keep moving and feel great! What better way to do that, than to work on a challenge to earn our fabulous January medal!

The medal shows a wintery scene, with mountains in the background, welcoming in the New Year! Imagine hearing the crisp snow crunching under your feet as you complete another mile, and get closer to your goal!

Whether you're running, walking, swimming, cycling, stepping or wheeling, everyone at Race At Your Pace wishes you the very best of luck for your challenge. We're excited to see what 2024 holds for you! 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 £19.95!**

**REGULARLY
BEING
PHYSICALLY
ACTIVE HAS SO
MANY BENEFITS!**



**DID YOU KNOW IT
REDUCES THE RISK
OF CANCER OF:**

**OESOPHAGUS
STOMACH
COLON
KIDNEY
UTERINE WALL
BREAST
LUNG
BLADDER**

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.



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



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

HOW TO STAY ACTIVE IN THE NEW YEAR...

- **JOIN A CHALLENGE.**

We might be a bit biased, but we know that taking part in a challenge is the perfect way to keep motivation levels high! Choose a target, consistently work towards your goal and receive a reward at the end!

- **TAKE A FRIEND!**

Whether this a group challenge or a target you work towards together, holding each other accountable can really help you stay active.

- **GET SOME NEW CLOTHES YOU LOVE!**

A fab pair of new leggings or the most comfortable trainers you've ever worn will have you desperate to get up, get out and get moving!

- **SCHEDULE ACTIVITY IN.**

We know this doesn't sound like the most exciting of tips, but having exercise planned in your day really helps.

Have fun! Whichever activity you choose, make sure it's something you LOVE!

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

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



ONLINE CHAT

raceatyourpace.co.uk/contact

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



FACEBOOK MESSENGER

m.me/raceatyourpace

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



FAQS

raceatyourpace.co.uk/faqs

Our full FAQs are available online.