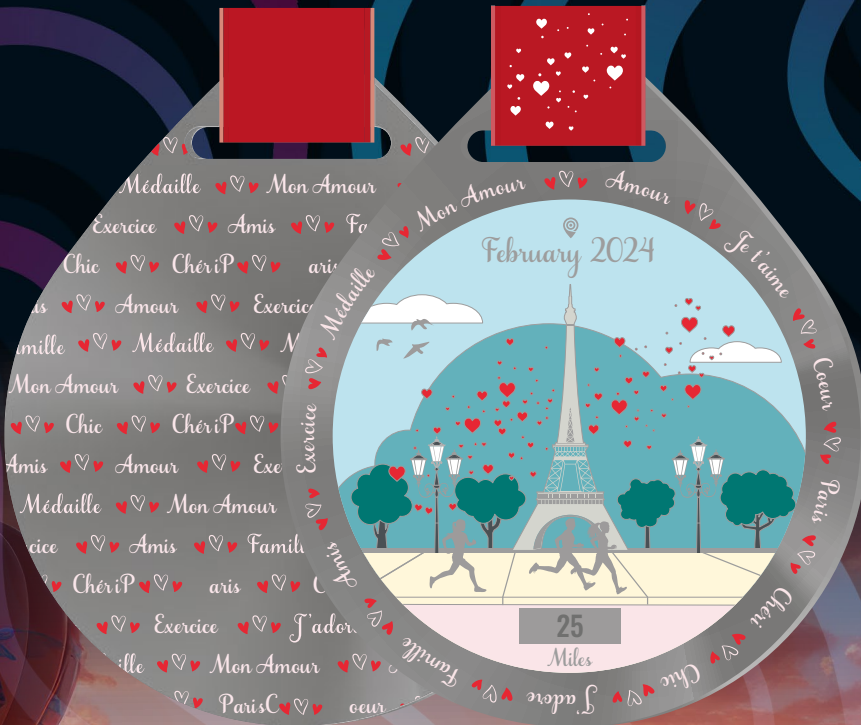


# YOUR FEBRUARY 2024 CHALLENGE IS HERE



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

# WELCOME!

## KEEP UP THE GREAT WORK!

We're a month into 2024 already and it's time for your February challenge!  
Let's keep the momentum going and reach our goals, together!

Have you seen our lovely February medal? As it's the month of love there was only one country we could choose for this medal's theme - France!

The Eiffel Tower takes centre stage, with hearts floating across the sky. How's your French? Around the outside you'll see a selection of words to either test your linguistic knowledge or give you all the feels - perhaps both! You'll see more hearts adorning the red medal ribbon too, perfectly completing the medal.

Whether you're running, walking, swimming, cycling, stepping or wheeling, everyone here wishes you the very best of luck for your challenge. We know you're going to love it!

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!**

## THE BENEFITS OF WALKING



### BRAIN

Increases blood flow to the brain, eases feelings of stress and anxiety and improves your mood.



### HEART

Helps to control blood pressure and reduces the risk of cardiovascular disease.



### MUSCLES

Walking strengthens muscles, particularly in the hips and legs.



### JOINTS AND BONES

Joints are lubricated and nutrients flow to cartilage.



### WEIGHT

Helps maintain a healthy body weight and can reduce body fat.

## 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.





# ADDING ACTIVITY INTO A BUSY LIFESTYLE

WE KNOW IT CAN SOMETIMES BE DIFFICULT TO FIT ACTIVITY INTO A BUSY LIFE. THESE TOP TIPS WILL HELP YOU GET EXTRA MOVEMENT INTO YOUR DAY, WITHOUT EVEN REALISING!

1

When you head to the supermarket, park at the far side of the car park! You'll have to walk further to get your trolley, and to get to and from the shop itself!

2

A bit of a cliché but if you're on the bus, get off a stop earlier! You won't lose much time and will add in some sneaky extra steps to your day.

3

Usually emailing colleagues or having meetings sat down? How about a walking meeting? Head outside together and add in those steps whilst getting work done!

4

Similarly, if you spend a lot of time on the phone, why not take the call on the move? Whether personal or business, perhaps do a lap of the block or head into the garden. Every bit of movement counts!

5

If your kids are after your attention at the weekend, why not get moving together? Walk to the park and when you're there a simple game of catch will get all moving and having fun together!

6

If you've got a dog, they'll definitely appreciate an extra 15 mins on their walk. Mix up the route to keep you both interested, and the time will fly by!

## 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!**

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

## 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.