

# Sweatember countdown

The 30-day exercise challenge.

This September.

For Cancer Research UK.



					Rest up! You have a big month ahead.	Get your sweatbands on, it's time to begin!
					31	1
Beat the Monday rush and run, cycle or even rollerblade to work.			Why not sign up to your local fitness centre?		Snap a selfie exercising and share it on your social media.	
2	3	4	5	6	7	8
		Take your dog (or find someone else's!) for a brisk walk today.				Halfway there! No going back now.
9	10	11	12	13	14	15
New week, new exercise. Try a new class at your local gym.				Ask your mates to join in your exercise plans this weekend.		
16	17	18	19	20	21	22
On the home straight!			Legs aching yet? Keep going, it's the final push!			
23	24	25	26	27	28	29
You made it! Will you stick with it?						
30						

Visit [cruk.org/sweatember](http://cruk.org/sweatember)  
Together we will beat cancer

