

MOVE IT MARCH



Jersey Hospice Care
your care, your choice, your time

**Stay safe
during
your
challenge**

While it's still dark early morning and in the evening, it's important to consider how you will stay visible and safe while exercising outside:

- Wear high-vis clothing
- Make sure your bike is fitted with front and rear lights
- Tell someone where you are going
- Do your activity with a partner, in line with Government guidelines
- Opt for indoor movement if the weather is really bad

**Move
It
March
checklist**

- Set up a JustGiving page or start a sponsorship form
- Plan and track your challenge with our calendar
- Share your challenge with friends and family and let them know how you're getting on
- Remember to tag us in your photos

**Raise at least £31 to
receive your Move it
March certificate**