



# Move for Mind

**Challenge yourself to Move for Mind  
this winter and help to raise money  
for local mental wellbeing services  
right here in Derby and Derbyshire!**

Move for Mind is a 30 day challenge designed to get us all a bit more active this winter and raise funds for Derbyshire Mind at the same time! Whether it's daily walks, virtual workouts, running 30 miles or cycling 300k over 30 days, you can choose anything that will be a fun way to move!

Why not join as a team by encouraging your friends or colleagues to take up the challenge too! The 30 day challenge does not have to be consecutive days, you can start any time from the 1st December as long as you are finished by the 2nd March 2022 (rest days are encouraged!).

It's your 30 day challenge! - What will you choose to take on?

To learn more about Move for Mind, get some ideas for your 30 day challenge, or register your challenge: Visit our website or email [debbie.locke@derbyshiremind.org.uk](mailto:debbie.locke@derbyshiremind.org.uk)



[www.DerbyshireMind.org.uk](http://www.DerbyshireMind.org.uk)