

Pull your socks up

You probably don't need to do much training for the 100,000 steps challenge, but a little bit of preparation can make the week far easier and a lot more fun:

Easy to manage steps

Have a think about how you want to Walk Your Socks Off. 2,000 steps is roughly one mile, so decide whether to break it down to a certain number of steps a day or prefer to do fewer long-distance sessions.

Put a spring in your step

Taking part with friends and colleagues can be fun and help motivate you. Choose to each take 100,000 steps in a week, or turn it into a one-day team challenge, and you'll all benefit from stepping out together.



Watch your steps!

100,000 steps are the equivalent to just under two marathons, so you certainly don't want to be counting every step in your head! The easiest way to track steps accurately is to use a wrist tracker, pedometer or mobile app.



You'll be walking for people like Elaine

"Hi, I'm Elaine. I've always tried to keep fit but since I was partnered with my Guide Dog Ricky just over five years ago, I'm out and about so much more. Ricky and I walk about 30-35 miles a week, why don't you give it a try and see what you can achieve when you Walk Your Socks Off!"



walk your SOCKS OFF!

at work



Walk Your Socks Off to support people with sight loss

This May, it's time to step up to the challenge and Walk Your Socks Off by clocking up 100,000 steps over a week or in a single day. In return for putting in all the legwork, we'll replace your worn-out socks with a brand new pair of exclusive Guide Dogs socks.

Put your heart and "sole" into it

Your sponsorship money will help provide life-changing services to some of the two million people in the UK currently living with sight loss. Just £95 could buy a training school kit for one of our guide dog trainers who teach our puppies the special skills they need as a fully qualified guide dog.

Step out together

Get colleagues, friends and family involved by asking them to take on the challenge with you. You may want to walk together or increase the pace with some friendly competition. Either way, you'll all benefit mentally and physically by getting up and out of the office.



Sign up now at

[guidedogs.org.uk/walkyoursocksoff](https://www.guidedogs.org.uk/walkyoursocksoff)

Step it up a gear

The money you raise will make a real difference to the thousands of people supported by Guide Dogs every year.

The simplest way to start fundraising is to set up a JustGiving page; this makes it easy to ask for sponsorship as well as keep your supporters up to date on your progress. If you're doing it as a group you can set up a group page.

Don't forget to check if your company offers matched funding. Many businesses will boost charity donations by matching the funds raised by their employees, an easy way to double your impact.

Your free pair of exclusive Walk Your Socks Off socks!

In return for your amazing achievement, everyone who raises £100, or £50 if you take part in a group, will receive a pair of exclusive Walk Your Socks Off socks at the end of the challenge. Won't those workmates who didn't take part be envious!

How your money helps

£13

could buy a **child's cane**, helping them to step out with confidence.

£50

could buy an **off to school kit** for a puppy moving into their first stage of training including their official Guide Dogs training lead and collar.

£90

could pay for a **one-to-one support session** to help a baby to learn that when something falls off her high chair, it is not gone forever.



£140

could buy a **Starter Kit for a new guide dog owner**, containing everything they need to start a life with their new guide dog, this includes the iconic white harness.

Step by step cheat sheet

The joy of this challenge is that there is little training required and you can rack up the steps when and where you want. Here are some ideas to inspire you to walk your way:



Ditch the wheels

Make the most of everyday journeys such as your commute or school run to add on steps.



Take the stairs

You'll be surprised at the number of steps you can add on by taking the stairs each time. And think of the benefit to your glutes!



Go to the gym

You can move the challenge indoors and add on some steps using the running machine at your local gym.



Walking meeting

You might find that taking those business meetings outdoors gives you all a new perspective.



Lunchbreak

Inspirational maths moment! If you walk 6,000 steps in an hour, you could achieve nearly a third of the target just by walking for an hour every workday lunchtime.

**To find out more
or sign up to Walk
Your Socks Off go to
[guidedogs.org.uk/
walkyoursocksoff](https://guidedogs.org.uk/walkyoursocksoff)**

