

Tips for getting started on your **100 Mile Challenge**

Here are our top three tips to make the most from your page:

01 Add a photo of yourself



Fundraisers who add a picture of themselves to their fundraising page receive 13% more donations for each photo or video.

02 Tell your story

Tell your story about why you are fundraising, why it matters to you. Pages that include these raise 65% more.

03 Download Strava

Link Strava to your JustGiving page. Strava will help keep a running total of how many miles you have walked and will automatically update on your fundraising page.

nhslothiancharity.org

@nhslothcharity    



NHS Lothian
Charity

NHS Lothian Charity is a registered Scottish charity (No. SC007342)



**Top
Tips**



Start making a difference today, set up your JustGiving page

Be creative about where you can clock up your miles

Why not

- Walk to work some days instead of driving or taking the bus?
- Try travelling further afield and exploring some of the walks around Edinburgh and the Lothians - <https://bit.ly/lothians-walks>
- Explore some of the city walks to take in the stunning architecture of Edinburgh <https://bit.ly/Edinburgh-walks>