

THE LEWIS MOODY MYZONE FITNESS CHALLENGE



**KEEP ACTIVE, STAY CONNECTED
AND SUPPORT VULNERABLE PEOPLE**

APRIL- JUNE 2020

**THE
LEWIS MOODY
FOUNDATION**
TOGETHER WE CAN TACKLE BRAIN TUMOURS

ABOUT THE LEWIS MOODY FOUNDATION

- **Brain tumours are the biggest cancer killer of children and adults under 40**
- **102,000 are currently living with a brain tumour diagnosis**



Lewis with Joss, the inspiration behind The Foundation

The Lewis Moody Foundation is dedicated to changing the story around brain tumours.

But we need your help. We inspire people to take on bold challenges like The Myzone Fitness Challenge to raise vital funds, as we know the tough challenges faced every day by those living with a brain tumour, especially during these unprecedented times.

By joining The Myzone Fitness Challenge team, you can raise money to help fund support to improve lives, fund pioneering research to save lives and raise awareness to change lives.

Together we can tackle brain tumours.

#wecanyoucan

THE CHALLENGE

What: Personal Fitness Challenge

Cost: Free

When: April- June 2020

Where: At Home

Minimum sponsorship: £130



Join Lewis Moody on his Myzone Fitness Challenge and inject some fun and fitness into daily lockdown life!

We've teamed up with the wonderful people at MyZone to bring you a challenge to help you keep active, stay connected and support vulnerable people living with a brain tumour.

Join The Foundation team and take on your own personal fitness challenge to reach a collective goal over 12 weeks. You don't need to be super fit to start, you can go at your own pace and choose to work out as many days a week as you like. Walking, cycling, reps or the daily Joe Wicks workout – it all counts! You'll join The Foundation community through the app so you can keep connected and motivated. As you hit milestones, you'll move up the status ladder towards your goal.

The first 50 people who sign up for the challenge will receive a **free MyZone MZ-3 heart rate band, worth £130**, courtesy of our wonderful partners at MyZone! In return, we ask you to **pledge to raise or donate a minimum of £130** to The Lewis Moody Foundation.



HOW DO I REGISTER?

Register today by completing the form and we will send you a unique code and link to secure your free Myzone heart rate band. Once signed up with Myzone, you will automatically be added to The Lewis Moody Foundation community on the Myzone and can start working towards your challenge.

Every workout you do will convert into MEPS and by reaching 4,000 MEPS over the course of 12 weeks, we hope our team can collectively reach over 102,000 MEPS, representing the 102,000 people estimated to be living with a brain tumour.

WHAT'S INCLUDED?

By joining the challenge, you will receive:

- A Myzone MZ-3 heart rate band which syncs to the app to show and reward effort when you work out. Free for the first 50 challenge participants! The MZ-3 displays real-time heart rate, calories, and intensity,
- Access to the Myzone phone app which offers motivation and engagement through built-in exercise challenges, personal goals, commenting and sharing workouts .
- Access to Lewis Moody's exclusive built in Myzone Community Challenge. Join the team and scale the leader board as you exercise to help us reach our overall team goal!
- Live home workout sessions to help reach your personal goal.
- Raise a minimum of £130 in fundraising and bag yourself a Lewis Moody Foundation Tshirt.



THE FUNDRIASING

With your help, we aim to raise over £7,500 through this challenge to help support those living with brain tumours.

We ask that each participant aims to raise or donate **a minimum of £130 in sponsorship** and we hope that many will be able to smash this target!



Brain tumours are the biggest cancer killer of children and adults under 40 and currently there are 102,000 people living with this devastating diagnosis.

Receiving a brain tumour diagnosis, or learning of a loved one's diagnosis, is a life-changing event that can lead to questions and concerns that are difficult to answer. That's why The Lewis Moody Foundation is committed to funding a range of inclusive and accessible services with The Brain Tumour Charity.

Now, more than ever, our community needs frontline support services. In a time when everything is uncertain, the diagnosis of a brain tumour is even more isolating and support is of paramount importance to help guide individuals through this difficult journey.

“No one is alone in this. There are always people to speak to about worries and anxieties resulting from the virus, and mainly with anything relating to a cancer diagnosis and life after.”

Belinda, speaking to The Charity's Young Adult Service this April

Dave Wright, Creator and CEO of Myzone, told us why they have joined together with The Foundation to support this challenge:

“Having a family member suffer from a brain tumour, I’ve seen close up and personal the impact this has on everyone connected.

Everyone at Myzone is thrilled to be able to happy to support Lewis and his Foundation to raise money for such a worthy cause.

If through the use of Myzone we can encourage people to be both physically, emotionally and socially strengthened, then that it is a ‘try’ for everyone!”

SUPPORTING THOSE WHO NEED IT MOST

Every penny you donate or raise through your MyZone challenge can help support those who are most vulnerable at this time.

£130 could pay for **26 information packs** to help adults living with a brain tumour understand their rights and access the support they’re entitled to.

£250 could cover the cost of giving **10 children and their families** the immediate support and information they need after the devastation of a diagnosis.

Your sponsorship could help us provide a lifeline to those most vulnerable. With your support we could help them feel less alone during this time. Thank you.

Set up your JustGiving Page today to get fundraising:
[Justgiving.com/campaign/LewisMoodyMyzoneFitnessChallenge](https://www.justgiving.com/campaign/LewisMoodyMyzoneFitnessChallenge)

HOW THE LEWIS MOODY FOUNDATION MAKES A DIFFERENCE

FUNDING SUPPORT TO IMPROVE LIVES

We fund a series of Family Days each year, in partnership with The Brain Tumour Charity, to reduce isolation and create happy memories.



FUNDING RESEARCH TO CHANGE LIVES

As only through new treatments and options will the dire survival rates for those with a brain tumour change.



RAISING AWARENESS TO SAVE LIVES

We help fund the lifesaving and award-winning HeadSmart campaign, to drive down diagnosis times. Earlier diagnosis can save lives.

[Headsmart.org.uk](https://headsmart.org.uk)



WE HOPE YOU CAN JOIN THE TEAM!
TO SECURE YOUR PLACE PLEASE SIGN UP VIA THE WEBSITE OR CONTACT

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Find us on

Twitter and Instagram @lewismoodysfdn

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