

# Get active



Prostate  
Cancer  
Research

[pccr.org.uk](http://pccr.org.uk)

Take on an active challenge to raise money for vital prostate cancer research.

When you've picked your challenge, register it at [www.pccr.org.uk](http://www.pccr.org.uk) to receive your welcome pack and fundraising support. Don't forget to set up your [JustGiving](#) page as well!

## Activity ideas

If you can't think of an activity, why not give one of these a go:

- Running
- Walking
- Cycling
- Football
- Golf
- Online Zumba
- Basketball hoops
- Skipping
- Circuit training
- Weight lifting

## Setting the pace

- Complete a number of reps or try a new exercise each day
- Cover a set distance over a month
- Complete the distance or height of a famous trail or mountain
- Choose a pace to be able to keep to for a set amount of time and aim to achieve it by the end of the month

## Link it to the cause

Use these statistics to decide your distance, pace or fundraising target:

- PCR currently funds 11 research projects
- 129 people are diagnosed with prostate cancer every day
- 56,000 men were diagnosed in the UK in 2018

For fundraising support and resources, click here or visit [www.pccr.org.uk/fundraising resources](http://www.pccr.org.uk/fundraising-resources)