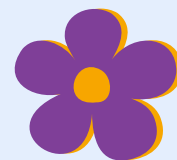




STEP INTO SPRING



10,000 STEPS

A DAY IN MARCH



**Welcome to the MPS Society's Step into Spring –
10,000 steps a day in March!**

What is the challenge?

We're challenging you to complete 10,000 steps per day in March for the MPS Society. It's up to you how and when you complete your steps each day and you can use our helpful tracker to keep you motivated. If you want to adapt the challenge to suit you, then go for it! If, for example, you are completing the challenge in a wheelchair, you could aim for about 5 miles per day, which would be 155 miles in March. 😊

How do I take part?

If you're reading this, you're already part of our [Facebook group](#). Please take a moment to read the group rules and our featured post. Next, you just need to register your info and set up your fundraiser. To do this, please [complete our registration form](#). We use GivePanel to automatically create your fundraising page for this specific event. You can then start sharing your fundraising page, planning your challenge and doing some warmup steps! Don't forget to introduce yourself to your fellow challengers in the group.

I registered but didn't set up a fundraiser – can I still do this?

If you didn't set up your page when you registered, you can [set up your page here](#). Alternatively, you can use [JustGiving](#).

When will I receive my team t-shirt and wildflower seeds?

We'll send your exclusive MPS t-shirt and wildflower seeds when you raise £25.

What is the MPS Society?

The MPS Society is a small charity based in Buckinghamshire, UK. We provide support to families in the UK who are affected by rare, life-limiting genetic conditions. These conditions cause a range of complex difficulties, and we provide vital support to the whole family for as long as they need it. There is currently no cure, but your fundraising means we can be there for our children and families now and in the future. We can also use your fundraising to raise awareness of these diseases so that families can receive an earlier diagnosis and start receiving treatment. For more information, please visit our [website](#).

Who can I contact for support with my challenge?

Please email fundraising@mpssociety.org.uk or ask your question in the Facebook group. The MPS Society team are on hand to help Mon-Fri from 9am-5pm.

From everyone at the MPS Society and on behalf of the wonderful families and individuals we support, THANK YOU. You are truly helping to make a difference to so many lives.

Enjoy the challenge! 😊