



**Thank you
for joining
Move for Mind**

Move more. Feel good.
Raise money for mental health.

31 Minutes
**Move
for
Mind**
31 Days

Move for Mind is a major moment in the mental health calendar — every year, thousands of people join the movement for better mental health. By starting 2026 moving more, you're prioritising your wellbeing and helping Mind support people through difficult times.

Physical activity is known to ease stress, lift your mood, boost your energy and improve sleep. With many of us experiencing high levels of anxiety, moving more can be a powerful way to look after yourself as the new year begins.

Move for Mind is all about doing what feels right for you. Whether that means walking, running, cycling, swimming, yoga, or trying something new, it all counts as long as you're moving.

To help you get off to a strong start, you'll find your Mind T-shirt and activity tracker included (overleaf). Share your progress in the Facebook group — we can't wait to cheer you on and celebrate your achievements.

Throughout the month, we'll also send digital medals so you can mark your milestones and keep friends and family updated.

There are extra fundraising rewards too:

Raise £15 before 5 January to receive a Move for Mind pin badge.

Raise £150 and you'll receive your Move for Mind exclusive medal — a special keepsake to celebrate your commitment and hard work.

Keep an eye out for our emails — we have a few more surprises in store (and some more Mind-branded merchandise)!

We're so excited to see what you get up to this January.

Thank you for helping make 2026 a year of movement, connection and better mental health.

Take care,

Anita and Lucia



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Scan the QR code to access our digital resources hub including your milestone medals and much more.

