

## **Marie Keating Foundation: Your Health Your Choice Challenge** **(<https://www.activelink.ie/node/80354>)**



Kick start your year the right way and sign up for the Marie Keating Foundation's [Your Health Your Choice Challenge](https://www.yourhealthyourchoicechallenge.ie/) (<https://www.yourhealthyourchoicechallenge.ie/>) today! This personal challenge has been extended due to popular demand, so there is no excuse not to sign up!

Research shows that between 30-50% of cancers can be prevented by making changes to our everyday routine.

By taking on the [Challenge](https://www.yourhealthyourchoicechallenge.ie/) (<https://www.yourhealthyourchoicechallenge.ie/>), you are committing to walking, running, jogging or rambling the recommended 10,000 steps a day, for 20 days to help you reduce your risk of cancer through activity.

By the end of the challenge, you will have clocked up 200,000 steps, which represents the +200,000 cancer survivors in Ireland today. Funds raised from this challenge will go towards supporting the Foundation's cancer survivorship work, providing support, advice and a sense of community to those at every step of their cancer journey.

[Sign up today](https://www.yourhealthyourchoicechallenge.ie/) (<https://www.yourhealthyourchoicechallenge.ie/>) and receive a fantastic 21 day meal plan by Wini from WINI Nutritional Therapy, a beginners guide to exercises by Oran Heron from Urban Running, and be in with a chance to win one of six pairs of Skechers GoWalk5 shoes on offer so that you can continue your small lifestyle changes and by keeping active, even after your 20 days and thus helping to reduce your risk of cancer.

### **Region**

Nationwide

**SIGN UP TODAY!** (<https://www.yourhealthyourchoicechallenge.ie/>)

### **Date Entered/Updated**

1st Mar, 2021

### **Expiry Date**

1st May, 2021

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