



Fundraising, Fitness and Wellbeing

Fresh air, physical activity, and having a focus can all help with recovery after an ectopic pregnancy and coming to terms with loss. We are so grateful that you are considering a challenge to fundraise for The Ectopic Pregnancy Trust. We are here to support at every step and, to start, offer you this useful guide to enhance your fundraising experience.

Our Fundraising Co Ordinator, Jill, talks here about fundraising for The Ectopic Pregnancy Trust.

<https://www.youtube.com/watch?v=m8sr5zTP0L4&feature=youtu.be>

Why support The Ectopic Pregnancy Trust?

Your motivation is an important part of your journey. You may like to think about why you have chosen to fundraise for The Ectopic Pregnancy Trust. We understand that for many people who have experienced an ectopic pregnancy raising awareness is important. This could be your driver or another reason might come to mind as you think about why you have chosen to fundraise.

You can also consider your timing. While there is no right or wrong time to raise awareness, we offer you the space to think about why you have decided to fundraise now and what would you like to achieve.

Your thoughts about fundraising may be something you would like to write down and reflect upon in a journal. Your journal can be another tool in your recovery process and be an important way to record your progress, challenges, and achievements.

If at any point you decide that fundraising is getting too much, then please bear in mind that you can pause as you wish. There is no time limit on healing and our support services are available to you at any time during your challenge.

Fitness Challenge

We hope that fundraising for The Ectopic Pregnancy Trust will be a fulfilling experience for you. We wish that your exercise/fitness/challenge is pursued in a way that feels right for you.

Choosing the right challenge

There are a variety of challenges that you can consider. If you would like to take on a physical challenge, at The Ectopic Pregnancy Trust, you are able to join one of our bespoke challenges, such as The EPT1000 Challenge, EPT80in1 Challenge, EPT Mini Challenges, London Marathon, Great North Run and Walk of Remembrance. Details are on our website <https://ectopic.org.uk/fundraising>

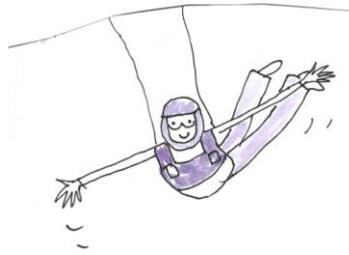
If you are planning on taking on a running challenge, you may like to look at the links below:



Dynamic Running Therapy <https://welldoing.org/article/dynamic-running-therapy>

If you like running, check this out <https://www.youtube.com/c/runningchannel>

Alternatively, you could take a look at some of the companies we partner up with to gain some inspiration such as skydiving, global challenges etc. If you are a [Thrill Seeker](#), check out this link.



You may have your own ideas and we would love hear about your own challenge. This could include swimming in a pool or lake, cycling to a place of interest or popular cycle route, walking a particular distance or well-known stretch of land, hiking up a mountain or even a local walk with friends.

1. Tracking your challenge

If you would like to track your mileage during your challenge, then you could use a fitness tracker/sports watch such as a Garmin/Apple watch. Many of these products have an app which you can download to track distance and monitor how well you are doing; this can be very motivating and keep you on track. For example, with a Garmin watch, you are able to use Garmin Connect as an app and set your chosen challenge as a 'challenge' within Garmin. Further details can be found here: <https://connect.garmin.com/>

Strava is another application to help track your progress and at The Ectopic Pregnancy Trust we have our own Strava account which you can follow here: [London, England, United Kingdom Club | EPT Fundraisers on Strava](#)



2. What to wear

When taking on any level of physical fitness, it is important to be comfortable in what you are wearing and please make sure you have the correct clothing and equipment that feels right for you. The weather is a key factor during any outdoor challenge and please bear in mind to wear extra layers in adverse conditions, carry waterproofs if they may be required, wear a hat and protective clothing and sunscreen during the warmer months of the year and reflective items in the dark.



Shoes are key to enjoying your fitness and the right pair can prevent injury. If you are going to be covering a lot of miles, do invest in supportive trainers. Many running shops offer gait assessment and will be able to recommend appropriate shoes.

On the day of your run, if you have family and friends supporting you, leave a bag of dry and warm clothes at the finish line with them, with a refreshing drink, some nutrition, and any additional items you may want or need.

You could buy an EPT Fitness Box to help you raise awareness during your challenge of ectopic pregnancy and the charity: <https://shop.ectopic.org.uk/collections/ept-boxes/products/fitness-box>



3. Joining you on your journey

Music - If you like to listen to music, you could set a playlist during your training or the event itself for motivation. We even have a Spotify playlist which was created for the EPT80 in 1 Challenge: [Spotify – EPT80in1](#)



Music can be therapeutic and make the soul sing and you may like to listen to calmer, soothing tunes at the end of the day and reflect on how far you have come. This may be a time of relaxation and an effective way to quieten the mind and simply be in the present.

Friends/family – You may like to set up a group (maybe a WhatsApp running group) to organise for friends and family to join you on your runs/physical activity. This can help ensure that you show up and keep account of your mileage and training, but also provide you with the motivation to keep going when some days seem a little harder than others. Having support from friends and family members who mean the most to you also enables you to connect with them more. When often the grief after loss can be very overwhelming and hard to explain, simply being with them may help the healing process.

Clubs - You may want to see if there is a local running group that meets regularly to provide structure and motivation. They will have varying groups depending on fitness levels. If you are brand new to running and would like to start a running challenge, then many clubs will offer the None to Run programme or N2R as it is known, which is a 12 week programme designed for beginners and a lovely way to help you gain confidence and meet new people of the same ability. Alternatively, you could check out local boot camps or exercise classes.

Parkrun - You may want to join a free, friendly **5k parkrun**. These take place at various locations across the country every Saturday morning at 9am. We have collaborated with Parkrun UK and created The Ectopic Pregnancy Trust running club. You can select us as your running club on your profile and then help spread awareness on the event's results page. For more information, take a look at [home | parkrun UK](#)

Dogs – If you have a four-legged friend, they can be a perfect companion on your challenge and we always love seeing photos of dogs!



4. What to eat

Nutrition is crucial when taking on physical activity, especially if you are increasing your daily exercise – are you eating the right types and amounts of food and are you drinking plenty of fluids?

Following loss, simply taking care of yourself can become overwhelming and even the structure of making a meal using a recipe can help, taking some time to make something that you like or something new to try.



We are not experts in the right foods to eat during training/recovery, but we really love the [SportShoes Running Hub](#) They have some great nutritional advice from experts and there is a lot of valuable information on their blog.



5. Find motivation – it is worth it...

- Even if the weather isn't on your side, it is often great just to get out into the fresh air. It can even feel more uplifting completing a run in the pouring rain! (Dress appropriately!)
- Pop your running/cycling gear on when you get up so you know you will go.
- Put a note on the fridge to remind you to get out/diarise your activity/keep a blog.
- Book some races spread across the year to keep you motivated.
www.goodrungle.co.uk/RaceFinder.asp
- Mix it up! Don't stick to same walk/run/cycle – instead go for some hills, off-road, trails, cross country, canal paths, intervals. Explore and have fun!
- Plan to walk up a mountain a month.

6. After exercise/activity care

Stretching

Please remember the importance of stretching after exercise. This is an interesting article on [Dynamic Stretching](#). There are many reasons generally we know why we should stretch to avoid injury or stiffness the next day. However, it is also thought to have both physiological and psychological effects.

- **Physical benefit** – the build-up of lactic acids in your muscles can lead to muscle soreness and fatigue. Stretching after a workout helps to reduce muscle fatigue. When you stretch after a workout, your muscles are warm and you benefit from increased blood circulation. Stretching will help your muscles to recover faster from a tough workout. Muscle soreness is one of the reasons that many people skip exercising. When you stretch, the likelihood is much higher that you will proceed with your next workout and prevent future injury.
- **Psychological Benefits** - it is widely thought that when you stretch after working out, your mind has a chance to tune into how your body is feeling. You breathe through a stretch and pay attention to any aches and pains in your body. The mind-body connection is important for relaxation and stress relief. Stretching helps to calm the nerves and relax the mind. Stretching in the cool down portion of your workout is a very healthy practice for both the body and the mind.

Rest days

Rest days during your fitness challenge are just as important as exercise. Taking regular breaks allows your body to recover and repair. Reducing risk of injury prevents muscle fatigue, improves performance, and supports healthy sleep. Interestingly when someone is physically burnt out, hormones like serotonin and cortisol become imbalanced. This can cause changes like irritability and mood swings. Letting your body rest is the best thing you can do for your fitness success.



To make most out of your rest days, try very low-impact workouts like yoga. This is a lovely activity to do on a rest day as it is an excellent way for improving body awareness, breathing, and flexibility. Yoga also helps to build strength while loosening your muscles and can promote calmness, leaving you feeling refreshed and ready for your next exercise.



Treats

Don't forget to treat yourself – have a lovely bubble bath, celebratory drink, massage or meet up with friends.

7. Sharing your story

Your support means the world to us and, by sharing your story with the local media in your area, you can help raise even more awareness and funds. We understand that talking about your personal experience can be daunting. There is often a mix of emotions of wanting to help others going through a similar experience, but also feeling nervous at thinking about such a difficult time. If you choose to share your story, we are here to help.

Our Press Officer, Natalie, is available to support and gently guide you through the process.

We love seeing what you are up to so please if you can share any **photos and maybe small videos** (landscape and under a minute long) on any of the social media platforms that you use please do tag us.

Platform tags:

Instagram - @ectopicpregnancy

Twitter - @TheEPT

Facebook - Ectopic Pregnancy Trust

TikTok - @ectopicpregnancy

Isobel, one of our lovely fundraisers and supporters has created a TikTok video and shares her tips, advice and encouragement for anyone taking on a running challenge.

EPT fundraiser, Isobel, gives us her top tips for long runs on Vimeo <https://vimeo.com/694115830>



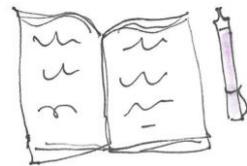


Your Wellbeing During Fundraising

We are aware that raising awareness can bring up many emotions and please talk to us via our support services as we are always here for you, not only during your challenge but at any stage in your healing after loss. Our website provides the support services available to you <https://ectopic.org.uk/how-we-can-help>

Walking in the fresh air is calming and a little walk can provide some space for self-care. You may like to think about the sounds you hear during your walk, how the air feels on your face, the colours of the landscape around you and notice what you see. You can journal about your walk experience and observations at the end of the day.

Journaling is a way to express your experiences and emotions and you may like to write down how you feel during your challenge and how it is going. You will then be able to look back on your notes and remind yourself of how far you have come – you can do it and we are here every step of the way with you. This can simply be done using a pen and paper or a notebook, but we also have an EPT journal for a meaningful touch: <https://shop.ectopic.org.uk/collections/other/products/ept-branded-notebook>



Gratitude is something you could add into your journal each day and simply write down three things you are grateful for each day during your fundraising. You could also keep a little gratitude jar and pop notes into this jar each day. If you choose, you could involve your partner or family. Your gratitude notes do not need to be lengthy – it can be a simple “*I am grateful for... the encouragement... a cup of tea at the end of the day... the sun shining... hearing the birds sing*” etc. At the end of the challenge, you could empty the jar and reflect on how this makes you feel.



Meditation is a way to quieten the mind and turn your attention inwards. It allows you to stay in the moment and simply breathe as you may find your challenge becomes a little overwhelming. You could simply sit and breathe in the healing energy and acknowledge that “*I am safe, I am well and I am loved*”.

Switch off - sometimes knowing when to turn off your social media can be really powerful and a break away from the noise can be a very healthy decision.

Structure and routine - having a training plan/routine to follow with your challenge/fundraising activity can be a very effective way for many to get through tough days/weeks/months.

Please remember there is **no time limit** on your journey through grief and loss and being kind to yourself and having patience with your body and mind is very important. We are here to help you at every stage in your recovery and you may like to read this section on our website <https://ectopic.org.uk/emotional-recovery/my-feelings>



Reading - do you like to read? We have selected a few books you may like to read during your challenge

Fiona Oakes - Running for Good

Paulo Coelho - The Alchemist

Brene Brown - Rising Strong

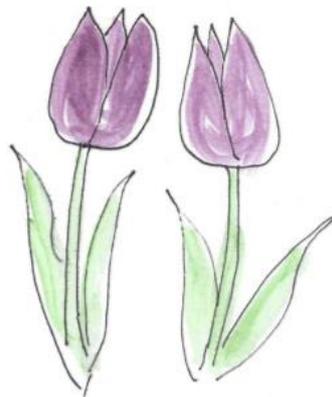
Edith Eger - The Gift



Things for you - You may like to take some time gardening, plant a tulip for your pregnancy/baby in the garden or grow on the windowsill to help your healing and recovery.

Engage in other activities that bring you your time of calm such as painting, doing a jigsaw, spending time on a particular craft, or playing a musical instrument. Time spent on something that brings you joy can be such a release and valuable time to think about you. Honour space and time just for you. Self-care is not selfish; it is a vital part of your recovery.

Throughout your fundraising, please remember that You are **Enough**. Whether you complete your challenge or not, your journey through healing takes time and you are enough. **You are valued and appreciated – by all of us here at The EPT and those around you.**





Testimonials

