

Feel Better Fundraising Ideas

Hold a raffle – ask local companies to donate prizes and sell raffle tickets throughout the week. Draw the raffle at the end of the week and announce the winner

Pounds for kettlebells – Ask instructors, Club staff and members to donate for every pound they swing

Exercise bike relay – staff and members can pay to join in or to sponsor you. How about cycling the distance from Land's End to John O'Groats?

Old school sports day – with sack races, tugs of wars, egg and spoon races and an obstacle course, charge people a donation to take part and forfeit the losers

Sweepstakes – use your special lips sweepstake included in your fundraising packs to raise quick and easy donations

Smoothie bar – ask colleagues to bring in their blenders/ nutri-bullets, buy some fresh ingredients and whip up exciting healthy smoothies. Invite members to create their own recipes and ask for donations in return for a glass of tasty smoothie

Take part in an organised challenge – take a look at our national challenge event calendar, whether you want to run, cycle or walk, you're bound to find an event which suits you. Get a team together and ask people to sponsor you and your team members.

Rowing Race – pay a small donation to compete, quickest to row a set distance wins a prize

Fancy dress – why not make a change to your usual exercise class? Ask members to wear something pink and make a small donation

Healthy snack sale – bake some delicious treats (naughty or nice), you'll quickly see the donations rolling in from people wanting a taste

Quiz night – host a quiz night, asking members for a donation to enter

Swim the Channel – get a team together and get sponsored for swimming the length of the channel. Whether you break it into a relay or go the whole distance, everyone is sure to make a generous donation to support your epic challenge

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Leg waxing– a brave way to raise money, ask people to sponsor you and even bid to do the task of waxing your legs!

'As good as new' sale – Ask members and colleagues for unwanted belongings and hold a sale day in your café or reception areas

Auction of services– auction off your staff talents, whether it's a 1-on-1 personal training session, a handy man to help with jobs around the home, gardening or ironing

Balloon Race– sell balloons that are filled with helium. Staff and members can put messages for loved ones on a tag attached to the balloon. Round up a crowd and let the balloons go

Book sale – ask members to bring in unwanted books and set up a swap shop. Ask for donations in return for a swap

Foreign coins– set up a collection point and ask people to donate their leftover holiday coins. When you have enough, change this up into sterling

Car washing– round up some buckets and sponges and offer members to have their car washed whilst they use the gym in return for a donation

Rowing Race – pay a small donation to compete, quickest to row a set distance wins a prize

Lunch Time Rave – book a studio, charge entry on the door and blast out the tunes. Everyone can let their hair down and let off some steam

How many in the jar? – fill a jar with sweets and let members have a guess in return for a donation. Member with the closest guess wins the jar of sweets

Guess who – ask all managers and staff to stick a photo of themselves as a baby on a board, then ask members to guess for a donation. You're bound to have a good laugh!

Treasure hunt – create a fun and wacky treasure hunt around your Club, hide clues and challenge members to find the prizes