

Training guide

Adapt the challenge to suit you

People of all fitness levels are taking part in this challenge. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge however you like. It should be tough, but doable. However you choose to complete your 20 minutes of dancing a day, you'll be helping to stick two fingers up to cancer.

Ease your way in

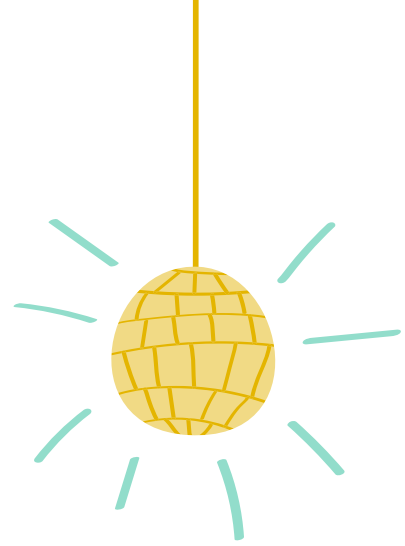
Remember to stretch before and after every dance session. Why not find out what time of day or style of dance works for you before the challenge begins.

Tick off your dancing

Use your challenge calendar to tick off your 20 minutes a day of dancing to help you keep track of your progress.

Team up

Dancing with friends is a fun way to keep you motivated to complete your 20 minutes of dancing every day. Why not encourage others to join in the challenge too!



Fuel those miles

You'll likely be burning more calories than usual. Make sure you've got enough fuel to keep dancing by eating a healthy and nutritious diet. For more information, visit cruk.org/diet

Get the gear

Make sure you have some comfortable clothes for dancing in.

Keep hydrated

Make sure you drink enough water before, during and after your dancing sessions.

