

TAKE THE LEAD TO HELP BEAT CANCER

Take on this paw-some opportunity to Stand Up To Cancer with your four-legged friend this April. We recommend a total of 60 miles of dog walking across the month, but please read the guidance below before setting a distance.

Cancer can affect anyone's life, at any time. In fact, nearly 1 in 2 people will get cancer in their lifetime*. So we only have one option: to accelerate life-saving research. Our incredible scientists are relying on you to raise money for their vital work. Every penny will help speed up research to get new tests and treatments to people who need them the most.

Join thousands of others to help fund life-saving research. Follow the steps below to get started today.

GET STARTED

1. CREATE YOUR ONLINE GIVING PAGE

Make sure you've created your online Giving Page and don't forget to join the **Facebook group** where you can meet like-minded legends who are taking on the Walkies Challenge too.

2. SPREAD THE WORD

Let your friends, family and everyone on social media know about your Stand Up To Cancer Walkies Challenge. Once April comes around, share updates on how you're smashing it and how they can sponsor you.

3. CHECK OUT THE DOG WALKING GUIDANCE

Please read through the Kennel Club's **dog walking tips**, the **seasonal dangers of walking your dog** and their **A-Z of dog breeds** to find out about the exercise needs of your **dog breeds**.

*cruk.org/lifetimerisk

