

Get sponsored to lose weight

Feel like you've overdone it recently? Maybe you find yourself starting a weight loss programme but quickly lose the motivation to keep it up? Why not turn to the support of friends and family by getting people you know to sponsor you for every pound or kilogram you lose?

A sponsored slim is a great way to fundraise for Alzheimer's Society while also helping you make those changes you've always wanted to.



[Request a fundraising pack >](#)

How to get started

Before you start any weight loss programme, talk to a medical practitioner first and remember to always stay healthy and safe.

1. Create a [JustGiving](#) page to make everyone aware of your event while safely and securely collecting sponsorship money. Losing weight is no easy thing, be sure to shout about it!
2. Take pictures! Update your supporters while at the same time showing off your results.
3. Be sure to thank your supporters.

Your fundraising will help us to continue our vital work to support people with dementia and those who care for them.

[Order a fundraising pack](#) filled with lots of advice and support to help you with your fundraising. If you would like more information, then please call us on **0845 306 0898** or email community@alzheimers.org.uk.

Alzheimer's Society National Dementia Helpline

England, Wales and Northern Ireland: 0300 222 11 22

9.00am-5.00pm Monday-Friday

10.00am-4.00pm Saturday-Sunday

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