

# Lose weight, get fit and raise money for charity

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Want to lose weight and get fit but finding it hard to get the motivation to do it? Well we have the solution! The best way to lose weight fast is to combine your weight loss plan with support for Alzheimer's Society.

Having something to aim for such as a sponsorship target, a fundraising event or a personal challenge will motivate you to get training and to put down that biscuit!

Start your journey to fitness today and support Alzheimer's Society at every step of the way. Take a look at some of our most popular ways to loose weight.

## Get sponsored to lose weight

Want to lose the love handles and get in shape? Why not turn to the support of friends and family to keep your weight loss plan on track by getting people you know to sponsor you for every pound or kilogram you lose? [A sponsored slim](#) is a great wait to fundraise for Alzheimer's Society while also helping you make those changes you've always wanted to. [Find out more about doing a sponsored slim.](#)



## Walk to get in shape

Be one of the 18,000 walkers who take part in our [Memory walks](#), our series of sponsored walks. They happen across the country in September and are great way to get fit and meet like-minded people.

## Do a trek as part of your fitness plan

Fancy a bigger challenge? [Combine exercise with a trip to a new destination](#). Our most popular trip is the [Great wall of China trek](#) but we have a wide selection trips happening in the UK and abroad. [Find out more about our treks](#) and how you can get fit in this fun and exciting way.

## Run off the cakes

Start with a run to the shops and before long you'll be running a [5k run](#). With the excitement of the crowds cheering you on and the great spirit amongst your fellow runners, taking part in an organised run is an inspiring and motivating way to get fit. [Find out about all the types of runs that we offer on our website](#).



Supporting Alzheimer's Society can introduce you to new ways of keeping fit, new experiences and adventures and offer a great sense of personal achievement and community spirit.

Dementia is one of the greatest health challenges of our time and Alzheimer's Society vision is a world without dementia.

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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