

THE 2.6 CHALLENGE IDEAS

Thank you for your interest in taking on The 2.6 Challenge for Action Against Hunger. The ways you can get involved are endless but below are some of our favourites.

- Run 2.6 miles - whether it's outdoors or even in your home.
- Walk 2.6 miles - you can make it even more of a challenge by doing this using only your stairs at home!
- Hold a virtual work out for 26 minutes - get friends involved and all donate to take part.
- Skip for 26 minutes - you could do 26 reps of 26 skips if you want to make it more challenging.
- Have a 2.6 hour dance-a-thon - ask people to sponsor tracks and send them videos of you dancing when that track comes on!
- Squats or push-ups for 26 minutes - hold a sweepstake for how many your friends and family think you'll be able to do.
- Juggle for 26 minutes - see how long you can go before dropping anything!
- Complete 260 keepy ups - ask people to sponsor relative to how long they think it'll take you.
- Share the challenge - recruit 26 friends, family and colleagues and take on a mile challenge each.
- Host a quiz-a-thon - hold a quiz with 26 rounds over a few days and ask friends and family to donate to join in.