



**RNOH
CHARITY**

Move 100 miles in March

Welcome and thank you for taking on this challenge for the Royal National Orthopaedic Hospital (RNOH) Charity.

We are so happy you have joined us for the **Move 100 Miles in March challenge**. Move in March, a virtual event that challenges you to complete the average distance covered by RNOH Nurses in a month whilst on shift. 100 miles in 31 days, can you beat it?

My name is Vicky, and along with the Move in March team here at RNOH Charity, we will keep you motivated throughout the month and provide you with helpful fundraising tips. Run, walk, wheel or skip your way to 100 Miles in March. However you choose to move, you'll be helping to improve your overall health and fitness whilst raising funds for an amazing cause, it's a win-win!

The Royal National Orthopaedic Hospital stands as a beacon of hope and healing for so many. From resilient children taking their first steps with prosthetic limbs, to individuals rebuilding their lives after suffering a spinal cord injury. RNOH Charity is passionate about every single patient and we're on a mission to strengthen and support the fantastic staff, research and infrastructure that makes RNOH one of the world's leading orthopaedic hospitals.

Healthcare professionals at RNOH cover an average of 100 miles a month during their shifts. Can you match the pace of our healthcare heroes? By taking part in our **Move 100 Miles challenge** and raising funds, you will be helping to make a real difference to the lives of those facing some of the most daunting and complex orthopaedic conditions.

This challenge is going to be tough but know you are not alone. There are hundreds of others across the UK completing their daily distance and we can't wait to watch your progress!

We've enclosed your challenge neck buff so you can do the distance in style, we hope you like it and please feel free to send in photos of you wearing yours.

Because of you, we can help support RNOH to go beyond the limitations of an NHS budget, ensuring the hospital can provide innovative treatments and care, enabling more people to lead healthier, fuller lives.

Thank you so much for your support.

**Best wishes,
Vicky and the RNOH Charity team**



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