



SIGHT MATTERS

Stride for Sight – August “5-A-Day” Fundraising Challenge

In aid of Sight Matters, Isle of Man

Take on the **Stride for Sight 5-a-Day Challenge** this August!

Whether it's **5 miles**, **5 minutes**, or **5 mindful moments** – every step supports people living with sight loss on the Isle of Man.

Tailor your challenge to your own ability, energy and time. Use it to build fitness, form a new habit – or even prepare for the Coast 2 Coast!



Participant Details

Name: _____

Phone: _____

Email: _____



Challenge Commitment

I pledge to take part in **Stride for Sight** this August by completing one of the following daily goals (or a mix of them!):

- ☐ Walk 5 miles
- ☐ Run 5 kilometres
- ☐ Swim for 50 minutes or more

- ☐ Do 5 minutes of stretching, pilates or yoga
- ☐ Climb 5 flights of stairs
- ☐ Cycle 5 kilometres (or minutes on a static bike)
- ☐ Do 5 sit-to-stands from a chair
- ☐ Spend 5 minutes dancing to music
- ☐ Take 5 minutes for mindful breathing or meditation
- ☐ Do 5 laps of my garden / home / local park
- ☐ **Other:** _____

Duration:

- ☐ Every day in August
- ☐ Weekdays only in August
- ☐ Weekends only in August
- ☐ **Custom:** _____

Why I'm Taking Part

(Optional – tell us your reason/motivation):

Sponsor Me

Sponsor Name	Amount Pledged	Amount Collected
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£

Return Completed Forms To:

Sight Matters

Corrin Court, Heywood Avenue,
Onchan, IM3 3AP

Or Email

✉ enquiries@sightmatters.im

🌐 www.sightmatters.im | ☎ 674727 |

Sight Matters is a trading name under Manx Blind Welfare Society. Registered Charity No. 132

Thank you for striding towards a brighter future for people living with sight loss!

Eye-ris the Mascot says:

Don't forget to have fun with it
– and share your journey
online using #StrideForSight



☐ Tick if you would you like to receive communications from Sight Matters

By taking part this event, you consent that the information given on this form may be used for the management of your entry and for the production of results pertaining to the event.

You may receive communications via email, and this may include notification about future related events. Information held about participants is not used for any kind of marketing activity and will not be passed to any third party without explicit consent.