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**Social**

Inspire your friends, family and colleagues to join you on your RED journey, by copying and pasting the below into your Instagram, Facebook and Twitter social post;

**Option One:**

**Join me and thousands of people getting active every day in January, to beat the blues away, whilst raising funds for Mind. Together we can be active for better mental health.**

**Register for RED January at**[**redjanuaryformind.co.uk**](http://redjanuaryformind.co.uk)

**#REDJanuary 2020**

**Option Two:**

**Join RED January and challenge yourself to get active every day, your way!**

**Kick-start your 2020 in a positive way and raise funds for Mind. Together we can be active for better mental health.**

**Register for FREE at**[**redjanuaryformind.co.uk**](http://redjanuaryformind.co.uk)

**#REDJanuary2020**

To bring your social post to life, why not accompany it with a photo of you gearing up for RED January?

**Emails**

Let your contacts know about RED January by copying and pasting the below into an email;

**Hi (first name),**

**I’m warming up for RED January 2020, a community initiative that’s helping people support their mental wellbeing through physical activity. The idea is to get active every day in January, your way. Whether you run, swim, cycle or choose your favourite fitness activity, set your goal and enjoy support from the RED community every step, splash and pedal of the way!**

**This is a chance for us to kick start our 2020 in a positive way and raise funds for Mind so together we can be active for better mental health.**

**You can join RED January for FREE at**[**redjanuaryformind.co.uk**](http://redjanuaryformind.co.uk)

**Look forward to joining fitness and fundraising forces with you!**

**(your name)**

**Downloads**

Visit [redtogether.co.uk](http://redtogether.co.uk) to download and share the below materials;

**Calendar**

**A variety of posters**

**Email banner**

**Cover photos for social**

**Fundraising pack**

**Sponsorship form**

Would you find any other information or materials useful to you?   
Email [redchampion@redtogether.co.uk](mailto:redchampion@redtogether.co.uk) with your suggestions.