

Cystic Fibrosis why we're here

Three tips for taking fundraising photos

Brighten up your Just Giving and Facebook pages with images that show your hard work - and get people sharing your achievements!

1. Get active!



Go beyond a photo in your exercise gear. Been training for Great Strides? Take some action shots of your walks in the forest. Climbed Ben Nevis? Show you facing the foggy horizons. Been training for the marathon? Get a sweaty selfie of yourself pounding the treadmill!

If you're at an event, think beyond a finish line photo. Put yourself in the action with a crowd shot or model pose in front of landmarks. Fill the frame with interesting things to look at so people know you've done your challenge. Make your photos pop out!

2. Check your light



Try to make sure there's plenty of light, ideally on the face of the person or view.

Unless you're going for a particular style, you probably don't want to take a picture that has the camera looking into a light source like the sun - it'll turn everything into a silhouette. It's usually best to keep the light behind you and your camera.

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3. Use some old art tricks

There are tons of easy art tricks, that work great for even low cost photography



Rule of thirds -
split the scene into
horizontal and vertical
thirds and place
people, objects and
backgrounds along
the lines

Point of view –
Photos high up make people
look small; low more powerful;
level more natural



Lines – our eyes love to
follow lines and trails. If you
see interesting diagonals and
curves, like the staircases at
the Broadgate Tower Run,
take a snap!

