

**Cystic
Fibrosis Trust**



**60
for
60**

**Your challenge.
Your way.**



Since
1964

**We won't stop
until CF does**

What is '60 for 60'?

The '60 for 60 Challenge' is a celebration of sixty years since Cystic Fibrosis Trust was founded in 1964.

Here at the Trust, we are the only UK-wide charity uniting people to stop cystic fibrosis (CF). We fund vital research, improve care, speak out and race towards effective treatments for all. We won't stop until everyone with cystic fibrosis can live without limits.

Sixty years of Cystic Fibrosis Trust

Back in 1964, the outlook for children with CF was very bleak. There was little hope for parents, who were desperate for information, and very few doctors with a specialism in CF were working in the field. Treatment was focused on low-fat diet to combat digestive problems and limited antibiotics meant chest infections were even more common, and often far more severe than today.

Some forms of physiotherapy were used, and children were often placed in isolation in mist tents to help improve breathing problems.

Sixty years in a snapshot

1971 - CF Week was launched by Michael Aspel in Trafalgar Square, London, with over 5,000 people attending!

1992 - The 'Cystic Fibrosis Research Foundation Trust' changed its name to the simpler 'Cystic Fibrosis Trust'

2024 - Join us in one of our challenge events, or by creating your own '60 for 60 Challenge' for a chance to reflect, embrace and celebrate everything that has been achieved over the past 60 years.

1964 - The Journey Begins: 'The Cystic Fibrosis Research Foundation Trust' was formed by John Panchaud, with parents quickly throwing themselves into fundraising to help support the Trust's work.

1989 - Prof. Bob Williamson, funded by the Trust, discovers a marker that's very close to the CF Gene

2004 - Big Bounce The Trust breaks the Guinness World Record for 'the most people bouncing on space hoppers in one minute.'



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60 for 60 ideas



The 60 daily reps challenge

A great way to raise money AND get fit. Take a look at our rep (repetition) ideas below. Fancy a mix-up? Combine two, three, or even more things to make your challenge unique to you.

Why not try doing 60 things for 60 days?



Squats



Push Ups



Lunges



Star Jumps



Sit Ups



Step Ups



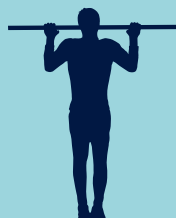
Rotational
Jacks



Burpees



Pull-ups



Tricep Dips





Running and walking challenges

Whether you're a keen runner, just for jogging, or happier simply walking, set yourself a running or walking challenge.

11

Go for 60 runs or walks (any distance).

12

Run or walk for 60 minutes a day, every day!

13

Run or walk 60 kilometres in a weekend

Run or walk 60 kilometres in a week

14

15

Run or walk 60 kilometres in a month

Run or walk 60 miles in a weekend

16

17

Run or walk 60 miles in a week

Run or walk 60 miles in a month

18

For the super keen athletes...

19

Run or walk 60 kilometres in a day!

Run or walk 60 miles in a day!

20





Swimming challenges

Channel your inner mermaid or merman and take to the water for your challenge.

21

Swim 60 lengths

Swim 60 lengths for 60 days

22

23

Swim for 60 minutes

Swim for 60 minutes for 60 days

24

25

Go for 60 fresh water dips

Cycling challenges

Exercise bikes, mountain bikes, road bikes, spin bikes – any form of cycling is great physiotherapy for people with CF, and it's also fantastic for fundraising! So 'on yer bike'...



26

Cycle for 60 minutes

Cycle every day for 60 days

27

28

Cycle 60 miles

Cycle 60 kilometres

29

30

Cycle 60 laps at your local pump track



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Challenges for schools

Why not get the whole school, nursery or college involved in a fabulous fundraising effort. Take a look at these ideas.

31

Sponsored swim

Sponsored walk

32

33

Sponsored cycle

Sponsored dance-a-thon

34

35

Sponsored 'Big Bounce-a-thon'

Whether you use pogo sticks, trampolines, bouncy castles, space hoppers, or simply your own legs, this can be a super fun activity! Step it up a gear and turn it into a 'Beat the Bounce' with children competing against each-other for the most bounces in 60 seconds. Or, better still, get the grown ups competing.



Since 1964 | We won't stop until CF does



60p sports

Plan a special school sports day! Set aside an hour, a morning, an afternoon, or even a day for a whole-school challenge – with each child paying 60p to take part. Set up some or all of the below challenges for children to take part in, or come up with your own ideas.

36 Egg and spoon race

38 Tug of war

Wheelbarrow race **37**

Space hopper race **39**

40 Sack race

Limbo challenge **41**

42 Obstacle course

Hula-hoop race **43**

44 Three-legged race

Skipping race **45**

46 Relay

Beanbag shotput **47**

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Sports tournaments

Organise a sports tournament with friends, family or in your local community.

48

Rugby

Football

49

50

Netball

52

Golf Day

Hockey

51

54

Basketball

Squash

53

Gymnastics challenge

55

60 minutes of gymnastics for 60 days!

Fill your 60 minutes with 60 cartwheels, or tumbles, or roly-polies. You choose.



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Alternative challenges

Decade challenge

Fancy an alternative to all things 60? Then why not take on six challenges – one for each of the decades of the Trust. You could mix them up in terms of activity to really challenge yourself.



56



60 people challenge

It may sound tricky, but could you get 60 people taking part in a challenge? Friends / family / work colleagues. Make it your own!



58

60 summit challenge

Are you a fan of climbing mountains? Why not aim for reaching 60 summits? It could be the same mountain each time, or a variety of different ones!



Stretch challenges



59

60 yoga classes



60

60 pilates classes