

# Get outside ...and make a difference

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As the new year settles in to full swing, there are loads of events to get involved in, helping focus your fitness or weight loss goals.

March 19th to 21st sees the return of Sport Relief, where you can raise money for poor and vulnerable people in the UK and across the world's poorest countries, by running one, three or six miles.

Give yourself a challenge and get involved at [www.sportrelief.com](http://www.sportrelief.com).

If however, you want to challenge yourself to a greater distance then consider the world's first Kilomathon (a marathon in kilometres) on 16th March, covering a distance of 16.3 miles from Nottingham to Derby. Get more information on this [www.kilomathon.com](http://www.kilomathon.com)

An alternative way of setting yourself new challenges this year is to consider getting involved in organised adventures abroad, allowing you to see different countries, cultures and terrains!

Many organisations and charities organise complete adventure packages to suit the individuals involved and one very well publicised destination is Mount Kilomanjaro, the highest mountain in Africa and the fourth highest of the Seven Summits.

Mount Kilomanjaro is the tallest free-standing mountain in the world, rising 15,100 feet (4,600 metres) from base to summit and is a fantastic way of striving beyond our westernised comfort zone which is why I am climbing it in December this year.

After Climbing Mount Toubkal (one of the Atlas Mountains) in 2008, it is fair to say the ultimate outdoor adventure incorporating the challenge of extreme terrain and altitude, is addictive and I'd urge anyone to add it to their 'do before you die' list.

Challenges maintain consistent motivation and a thirst for physical demand to get the best from ourselves, so give some thought to what you can do to get outside and challenge yourself this year.

