



31 Strong Q&A

How does the challenge work?

Participants are challenged to take on 31 strength-based workouts throughout the month of March (One workout per day) to raise funds so that we can continue to support people living with and affected by Crohn's and Colitis. The challenge officially starts on March 1st, 2025.

Is there a registration fee?

No, this event is FREE for anyone to take part in! Whilst there is no minimum sponsorship target, however, any money you raise can help us to reach more people who need our support. Just £10 could cover the cost of your free t-shirt, ensuring that every penny fundraised goes directly into supporting people with Crohn's and Colitis.

What's the registration deadline

Registration will close on 17th March 2025, but the technical top is available whilst stocks last, so we recommend you or any friends/family join the challenge as early as possible to avoid any disappointment!

My top hasn't arrived

From the point of ordering your technical top, it can take up to 10 working days for it to arrive. If you've waited longer than this, please contact us on messenger and we'll look into this for you. Thanks so much for your patience 🤍. If your top hasn't arrived after 3 weeks please contact us by email on fundraising@crohnsandcolitis.org.uk

What is the t-shirt sizing?

You can find the sizing chart [here](#) to view the fit. We cannot send out a new top should yours not fit due to the extra costs incurred.

I can't complete the challenge can you cancel my page?

That's no problem at all. You can cancel your page by following the below steps.

- 1. Log into Facebook:**
 - Use the account on which you created the fundraising page.
- 2. Go to the Fundraiser:**
 - Navigate to your fundraiser by:
 - Clicking on **Menu** (three lines in the Facebook app) or going to your **Profile**.
 - Select **Fundraisers** or look for your active fundraiser in your **Activity Log**.
- 3. Edit the Fundraiser Settings:**
 - Open the fundraiser page.
 - Click on the **More** option (three dots)
- 4. End the Fundraiser:**
 - Look for the **End Fundraiser** option
 - Confirm your choice to close or cancel it.

What happens if I can't do 31 strength training sessions in 31 days?

We understand 31 strength training sessions in 31 days is a big commitment for some, but we are happy for you to adapt the challenge to suit you. Don't forget to let your donors know what your plans are.

What are the benefits of strength-based or muscle-strengthening exercises?

Strength-based exercise can help keep your bones and muscles strong and healthy and slow down the rate of bone and muscle loss that happens as you grow older. UK guidelines recommend that adults



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try to do muscle-strengthening exercises on two or more days a week that work all the major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).¹

I have osteoporosis, is it safe for me to do muscle-strengthening exercises?

Yes! Muscle strengthening exercise is recommended for people with osteoporosis to maintain bone strength. If you use a good technique, doing muscle-strengthening exercise is unlikely to cause a broken bone or fracture.² If you have had spinal fractures or many broken bones you should talk to a physiotherapist or exercise specialist before starting any new exercise.

The Royal Osteoporosis Society has lots of information about [exercise for osteoporosis and bone health](#).

References

1. UK Chief Medical Officers' Physical Activity Guidelines. (2019).
2. Strong, Steady, and Straight An Expert Consensus Statement on Physical Activity and Exercise for Osteoporosis.

Additionally, we have a physical activity page that we can direct people to:

<https://crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis/all-information-about-crohns-and-colitis/living-with-crohns-or-colitis/being-active-with-crohns-or-colitis>

Being active with Crohn's or Colitis

How to stay active and keep fit whilst living with Crohn's or Colitis. Information that looks at the evidence behind exercise and exercising with Inflammatory Bowel Disease, alongside tips from those

How do I raise money with Facebook?

Facebook Fundraisers are the easiest way to raise money. You can set up a Facebook Fundraiser in a few seconds and then it's easy to share the page with your Facebook friends. You can also use your Crohn's and Colitis UK personal fundraiser to get donations from people who aren't on Facebook.

I've received a Text or WhatsApp message how do I know it is legitimate?

We will contact you via text or WhatsApp if you opted in, the numbers we will contact you from are:
Text: **+447700170875**

I don't want to fundraise, can I donate instead?

Yes, absolutely - you're welcome to donate here: <https://crohnsandcolitis.org.uk/get-involved/donate>. Please ensure you include '31 Strong' in the message box, so we can add it to our overall total! Thank you so much for your support 🤝💖

My business/employer wants to donate/match fund my fundraising. How do they do this?

It's wonderful that your employer would like to match fund you! The process varies a little between companies. If you can pop us an email over to fundraising@crohnsandcolitis.org.uk, we'll be more than happy to provide them with any further information they might need. Thank you so much! 💖

What is the fundraising target?

There is no minimum fundraising target. We only ask that you raise as much as you're able. Your target on your page is set at £150. You're more than welcome to adjust this target according to the challenge you'd like to set yourself!



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Can I get an extra top?

Unfortunately, we have a very limited stock of technical tops and will only initially be able to supply one per registered fundraiser.

I don't want to fundraise on Facebook or use my Crohn's and Colitis personal fundraiser. What else can I use?

Don't worry. You can set up a JustGiving fundraiser here www.justgiving.com/campaign/31strong2025

Why doesn't my Facebook page show my total fundraised amount?


Your Facebook page will only show the amount you have raised through donations that have come through Facebook. Your Social Sync personal fundraising page will show your total raised.

How much do I need to raise to get a medal?


We will send an exclusive 31 Strong medal to anyone who raises over £100 on your Facebook, Crohn's, and Colitis personal fundraiser or JustGiving page by the end of the challenge. We'll post these out in April, once all the donations have come in.

My partner/family/colleagues want to join in too! How do they register? Can they have a separate fundraising page?

That's brilliant! You can send them this link to register for the challenge <https://socialsync.app/f/el-p7vwpy1vqxn1> They can absolutely have a separate fundraising page.

Thank you so much for your support! 

What if I don't complete the challenge?

The only thing that matters is that you challenge yourself. However much you achieve, we're so grateful for your support and for raising much-needed funds for Crohn's and Colitis UK 


How do I share my Facebook Fundraiser with my friends?

As soon as you set it up, it will appear in your friends' newsfeeds. Then you can post updates on the page and more of your Facebook friends will see it. The more you post, the more people will see it, and the closer you'll get to your goal.

How can I track and log my activity?

In your welcome pack, you should have received a handy tracker. You can also download a version [here](#) to get started. You can also log your daily strength-based training through your personal fundraiser page. To this simply log in, click the activity tab, and add your completed workout days.

Who can I speak to if I need more information?

For all event questions, please add a post on this Facebook Group or message us directly, and we will assist as promptly as possible. For any additional questions about the charity or how they can support you, please contact fundraising@crohnsandcolitis.org.uk 

Is there an age limit?

No. You can take part if you're 10 or 11! But, if you're under 16, you will need a parent or guardian to sign you up for the challenge. Please email fundraising@crohnsandcolitis.org.uk with permission from your parent or guardian.



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I have a question that hasn't been covered.

You can pop us an email over to fundraising@crohnsandcolitis.org.uk

Can I have a joint Facebook Fundraiser with my friend/family?

Unfortunately, it appears that Facebook has recently removed that option so they'll need to create their own fundraiser. Thanks so much for your amazing support!

Can I donate to my own fundraiser?

Absolutely! We recommend making a small donation yourself if possible to help kickstart your fundraising! Remember that every £5 could help us continue to support those living with and affected by Crohn's and Colitis so your own donation could make a big difference in someone's life. Thanks so much for your amazing support!

Can I change the challenge to suit my needs?

Absolutely! It's your personal challenge and we encourage everyone to adapt it to suit their needs and goals.

Do I have to be super-fit to take part?

Absolutely not! This is your challenge, so you can do it any way you like. If you have any concerns, please talk to your doctor before taking part in this challenge. The challenge should be completed however is best for your physical ability.

Does my daily/weekly run/workout count?

This is your challenge, and we encourage you to do it your way - some people will do it as part of their usual workout and others might choose to add this in addition. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge however you like. It should be tough, but doable. You should feel satisfied when you finish it!

Can I take part on from home or in the gym?

Absolutely! It's your personal challenge and we encourage everyone to adapt it to suit their needs and goals.

I'm pregnant can I still take part in the challenge

Congratulations! We absolutely encourage everyone to take part and adapt to the challenge according to their needs. We do ask that you consult with your doctor or midwife before taking part to ensure that this challenge is suitable for both you and your baby. Please remember that you're more than welcome to adapt the minutes if needed too.

Can someone else take over from me if I'm away/injured?

Yes! Remember this is your challenge and you can complete it however suits you! If you are struggling to reach your target, friends and family might like to help you get there or you could choose to extend your challenge a little.

I'm not based in the UK, can I still take part?

You are more than welcome to take part wherever you are based in the world. Unfortunately, we can only ship tops and medals to UK addresses.