



## Avondale Road – Activity Level Games Added 50% to Mortlake Community Association

*Dear Neighbour,*

I hope you're safe and well!

I happy to report we have added Activity games to [www.BetYourselfBetter.com](http://www.BetYourselfBetter.com) this week. With this in mind I would like to invite you to join one of the 4 different Activity Level games that I have setup for Ashleigh Road, where half of the forfeitures will be going to the Mortlake Community Association (MCA).

Current games, starting on Monday 18<sup>th</sup> May (but you can join in any time after the start date):



**MCA 50,000 Steps a Week**  
£50\* entry, 50% forfeitures to MCA



**MCA 50km Cycling a Week**  
£50\* entry, 50% forfeitures to MCA



**MCA 15km Run a Week**  
£50\* entry, 50% forfeitures to MCA



**MCA 1500kcal Burned in  
Exercise a Week**  
£50\* entry, 50% forfeitures to MCA

Pick whichever goal you think will suit you better, but the harder goal might mean more money for you and the MCA!

You can get involved by searching the name of the game in the 'Find a Game' search bar and registering an account. It's easy to play – just send us a screenshot of your weekly performance of your favorite Activity Tracking app and we will handle all the rest for you!

You can never be too healthy and local charities need our support! I certainly hope you will participate in this community initiative and welcome any thoughts and feedback on how we can improve. Please feel free to drop me a line at [davidjhume@gmail.com](mailto:davidjhume@gmail.com),

*Thanks! Dave*

\* £10 is charged to start the game, then you are only charged if you forfeit! If a £50 commitment seems too steep to you, then please get in touch for a £25 match funding promo code.