



this
Heart Month
will you
#SWIM2THEBEAT

& raise vital funds for the British Heart Foundation?

Your support this February for Heart Month,
could help protect the hearts of those you love &
give more people the best chance of a happy,
healthy future.

In February 2024, take on a personal challenge for Heart Month, or get your whole club involved. From sponsored aquatic fitness classes, dancing & jumping to the 'beat', babies playing & splashing to the 'beat', to swimmers of all ages 'beating' their best times or distance.

Swimming is a great way to help reduce your risk of heart & circulatory disease & stay fit and active, so get organising your 'Swim to the Beat' challenges with the help of your club & the support of your local British Heart Foundation (BHF) Fundraising Manager.

Members, speak to your club contact if you'd like to get involved.
Share your heart stories & swim challenges with your local BHF
Fundraising Manager:
Leya Baksh
bakshl@bhf.org.uk
07717 541409



#Swim2thebeat
www.bhf.org.uk/heartmonth