

Henry's 15 Murph's in 15 days

To Donate, click on the link:

<https://www.justgiving.com/fundraising/mentalhealthruk>

For those who are struggling with Mental Health issues, for those who have somebody close to them dealing with these issues and even those who aren't directly affected.

This past year has been tough for many people - being isolated from friends and family, worries about job security and financial concerns have all added to the stress of the pandemic. Anxiety has increased across the board and it's great that we're talking about it but there's more we can do: Mental Health Research UK funds research into protecting and promoting the health of the public by research into the nature, causes, diagnosis, prevention, treatment and cure of all forms of mental illness. IMPORTANTLY, the development of the research findings into practical applications for the prevention, treatment and cure of mental illnesses.

I'm challenging myself to raise £500 in 15 days by doing a Murph (1000 reps) a day for 15 days. If you're confused about what this is, it involves:

1 mile run, 100 pull-ups, 200 press-ups, 300 squats, 400 abs and finally and 1 mile run.

Please donate for Mental Health Research UK and thanks for your support!

You'll be able to follow my progress over on Instagram: @cressfitlifestyle