

Did you know only 15% of teenage girls do more than one hour of exercise outside of school a week?



We know movement is empowering. That's why the Sweaty Betty Foundation wants to help girls get active, and stay active, for life.

Since we launched in February 2021, we've:

- Supported 300+ girls in Leeds, Manchester, London and Glasgow to become more active in their communities and schools.
- Run our first ever Dragons' Den event, where teenage girls pitched ideas to help get more girls like them active over the summer.
- Given girls from all backgrounds the chance to take part in football, boxing, badminton and archery.
- Donated 1,000+ sports bras to girls who need them most as part of our 'Buy a Bra, Give a Bra' initiative.

Why do your donations matter?

Our aim is to raise £10,000 so we can:

Fund our new after school programme, allowing girls to try dance, yoga, skateboarding, boxing and more. Help grassroots community, faith and cultural groups put on fun activities for teenage girls.

And our Foundation Chair (and the original Sweaty Betty), Tamara Hill-Norton, has generously agreed to match your donations up to £100,000. So let's make it count.

Want to know more? Scan the QR code to visit our website.

Learn more about our Foundation's mission at sweatybettyfoundation.org

Sweaty Betty
LONDON

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£15
JUST FOR YOU

