

M4RT BINGO!

Inspired by #AHPsActive Bingo - how many squares have you ticked off during #Miles4Radiotherapy 2026?
Time to get ticking!

Tag us in your M4RT Bingo posts @radiotherapy_uk

10,000
steps in a
day

Share your
fundraising
page with
friends and
family

Work up
a sweat

Try a
new
activity

One
minute
plank

Take
the
stairs

Wear
orange
and take
a pic

Run 5k

Do a
trail run
or hike

20,000
steps in
a day

Get your
miles in
away from
home

Try a
team
sport



Raise
your
heart
rate

Invite a
friend!

Bag a
Parkrun!

HIIT
session

Take a
walk in
nature

Try padel,
pickleball
or a new
racket
sport

Yoga
flow

Invite
a pet!

Do
warm up
& cool
down

Leg
day

Dance
for your
miles!

Listen to
a podcast
the whole
way!

MILES 4 RADIOTHERAPY 2026