

FOR IMMEDIATE RELEASE:

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**Thrombosis UK 26 Minute At Home Workout Challenge
Encourages People of All Ages to Keep Blood Flowing
Sunday 26th April 2020**

LONDON, 21 April, 2020 — Thrombosis UK and blood clot survivor, Holly Barber, are hosting an interactive online 26 Minute At Home Workout Challenge on Sunday 26 April to help people increase activity while at home.

Inactivity is a significant risk factor for developing life-threatening blood clots, also known as thrombosis including deep vein thrombosis (DVT) and pulmonary embolism (PE). With millions of people impacted by COVID-19 stay at home recommendations, inactivity is a significant concern.

To join in the 26 Minute At Home Workout Challenge, simply complete the online registration here:

<https://thrombosisuk.org/findevent/post.php?s=2020-04-20-hollys-at-home-workout-challenge-for-thrombosis-uk> where full information is shared.

While on the website, we also ask people to consider a donation to help continue the work of Thrombosis UK. Like so many charities across the UK, Thrombosis UK has been hugely impacted, especially with the cancellation of The London Marathon. Any donation would be appreciated and would allow us to continue our awareness-building efforts throughout the country.

To learn more about Thrombosis UK, visit www.thrombosisuk.org/.

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About Thrombosis UK

Thrombosis UK is a leader in: Identifying, Informing & Partnering with the National Health System (NHS), healthcare providers and individuals to work to improve prevention of venous thromboembolism (VTE) and the management and care of unavoidable VTE events. Learn more at <https://www.thrombosisuk.org/>.