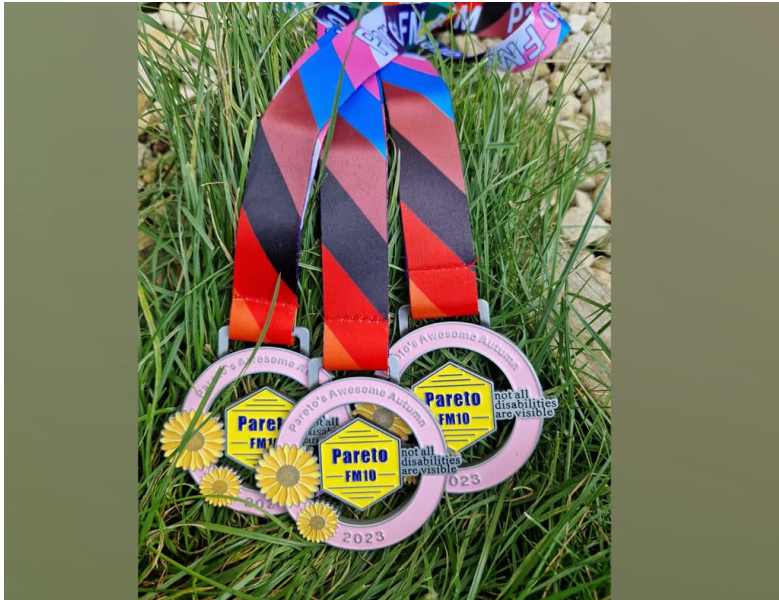


## Virtual medal event relaunched with increased focus on inclusion

3 years ago



Hard FM service provider [Pareto FM](#) has announced it has relaunched its free virtual medal event #FM10, with a focus on inclusion.

The purpose of this initiative is to encourage people to engage in an activity they love regardless of their abilities, with the aim of supporting the mental and physical health of those in FM.

This year, to open up to more inclusive opportunities, participants can opt to complete any activity they wish, and the criteria is fully open to each participants' own interpretation.

The company stated that activities could include walking, cycling, swimming, yoga, sudoku, skydiving, crossword, gaming reading, singing, performing, or anything else. Anything the participant feels a sense of achievement from, they can earn a medal for.

Participants will be invited to complete their activity anytime this month and up to 30th November 2023. They will then be invited to submit their completion to [fm10@paretofm.com](mailto:fm10@paretofm.com) and will receive a free medal and Freddo for their achievement in the post.

There are 150 free medals available for this virtual event on a first come, first served basis.

To sign up for the free virtual run, participants simply need to enter their email on [www.paretofm.com/fm10](http://www.paretofm.com/fm10)

Chris Barnes, who originally came up with the concept, said: "We are delighted to once again launch FM10, an event that celebrates the spirit of inclusivity and encourages everyone to embrace their unique journey



to wellness. We believe in the power of inclusion and that every step forward is a remarkable achievement. Our event is open to all, where your chosen activity is your path to achievement. Join us in breaking down barriers, because not all disabilities are visible, and strength comes in many forms. Let's create a community where everyone is celebrated, where every effort is appreciated, and where together, we forge a path to greater health and happiness. Together, we are stronger".