

The [Concern Fast](#) is just around the corner and we're hoping to make it bigger and better than ever! However, we know that not everyone will be able to fast so we have [5 fantastic alternatives](#) that you could do to get involved.

Why not try giving up social media for the week of the fast or, if you're feeling really brave, the whole month? We all know how much time we spend on the likes of Facebook, Twitter and Instagram, and there may even be people who think you couldn't manage without them. Challenge yourself and who knows, you might even enjoy the freedom!

You could try giving up talking for 24 hours. Just be sure to let everyone know beforehand that you're doing it to support Concern!

There's probably something you've been thinking about giving up for ages (smoking, drinking, etc.). You know it's not good for you but have never had that push to actually jump in and go for it. What better reason to give it a try than helping people in some of the world's poorest countries?

For those with a sweet tooth, giving up chocolate or sweets would be a real challenge, worthy of generous sponsorship.

And for you coffeholics, why not try a full caffeine blackout for the day? You could replace your daily caffeine-fix with a delicious (and healthy) fruit juice.

If fasting isn't for you, pick a challenge of your own. Set yourself a challenge that will be just that: challenging! That way you'll find that people will be happy to [sponsor you](#) generously!