



BUST A MOVE



POLLY HUMPHRIS THREW SOME SHAPES WITH STAND UP TO CANCER. HERE'S HOW SHE GOT ON...

ONE in two people in the UK born after 1960 will be diagnosed with cancer in their lifetime; that's the stark reality of the disease and is a fact that we need to shout about, not hide behind. We need to stand up and start raising money for life-saving research. You don't have to run a marathon to do it (although you're welcome to) and you don't have to give up treats (although it'd help - especially if you're running a marathon). However, if you do put your money where your mouth is, be that through baking, dancing, swimming or shaving your entire body, you can be part of the Stand Up To Cancer rebellion that's taking research breakthroughs out of the lab and transforming them into new tests and treatments for cancer patients here in the UK as quickly as possible.

So to get involved in the cancer rebellion, I joined a crazy crew in all of their fundraising glory for a dance class at a central London studio led by glorious leader, Kimberly Wyatt, to raise money for Stand Up To Cancer. That's right; an actual, real life Pussycat Doll teaching us - a bunch of amateur, but keen wannabe dancers - an especially-choreographed routine, all in the name of kicking cancer's ass. 'OK, people,' she rallied. 'This is your chance to make a difference; this isn't about you, it's about all of us standing up to cancer, so leave your insecurities at the door and let's dance!'

And with that, every single inhibition in the room disappeared. Kimberly couldn't have been a more perfect instructor: most, if not all of us, tripped over; there were limbs flailing wildly while she watched on, probably wondering if any of us would ever master the 'ball change' and I don't think anybody stopped laughing the whole way through. We embarrassed ourselves, but there she stood, full



of smiling encouragement, laughing right along with us.

And do you know what? We nailed it. We learned our jazz routine one small step at a time and within 60 minutes, Kimberly Wyatt had somehow managed to turn a room of tired, slightly self-conscious strangers into a united troupe of performers, all ecstatic at getting through the routine and buzzing with the energy that only such a fun fitness hit can give you.

'I came here tonight because I loved the idea of raising money for a good cause, but having a good laugh while doing it,' Dan, 36, from Dublin told me. 'In 2012, I climbed Mount Kinabalu for charity, but it required a lot of hard work and training. It was great to be able to do something tonight that was easy and so much fun.'

'I agree with Dan,' added Faye, 39, from London. 'I have seen firsthand how devastating it can be to lose someone from cancer and in 2013, I ran the marathon to show my support. I don't think I have another marathon in me though, so I came tonight because I wanted to do something a bit different and more fun. I loved every minute of it and would do it again in a heartbeat. You never know - the Pussycat Dolls might reform one day and if they need any backing dancers, I'll be first in line!'

The rebellion is growing; every day, more and more people are signing up and pledging ludicrous - or, in this case, bootylicious - acts of defiance. Grab your chance and Stand Up To Cancer now at standuptocancer.org.uk/letsrebel.

We organised our dance class with the help of City-Academy - check out their classes at city-academy.com



*1 std rate message. UK residents 16+ only, please ask bill payer's permission. Closes 30.03.17. See standuptocancer.org.uk/terms for full T&Cs. 100 per cent of your donation goes to Cancer Research UK in support of the Stand Up To Cancer campaign. Stand Up To Cancer and Stand Up To Cancer Brand Marks are registered trademarks or trademarks of the Entertainment Foundation Industry. Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666) and the Isle of Man (1066).

JOIN THE KICK-ASS REBELLION AGAINST CANCER. GET YOUR FREE FUNDRAISING

KIMBERLEY WYATT ON GETTING INVOLVED...

What are your reasons for standing up tonight to fight cancer?

I jumped at the chance to get involved with Stand Up To Cancer; there was no question that I wouldn't. I have been hit by cancer in my family and my brother lost his dad to brain cancer, so I've been there personally. It makes me proud that my brother's in town visiting and I'm here tonight doing this; doing my bit to honour his dad and for everyone else who's affected by cancer. It's always been of huge importance to me to try and raise awareness and help raise funds for those organisations and the people that really need it.

'YOU HAVE NOTHING TO LOSE. IF YOU FEEL NERVOUS, THEN DRESS UP AND MAKE IT HILARIOUS AND GOOFY - JUST GO FOR IT'

Do you think having a fun aspect to any fundraising event makes it easier for people to get involved?

Yes - events like this have

a bigger purpose than just you, so it makes it easier to step outside of your insecurities and just go for it. When there's a charity element to an event in the UK, you see people really come together and go crazy in an explosion of leg warmers, tutus and colour - just for the fun of it! The UK is so good at uniting and finding the humour in something that's really important.

What advice would you give to anyone thinking about trying a dance class who may feel a bit nervous?

You have nothing to lose. If you feel nervous, then dress up and make it hilarious and goofy - just go for it. The only thing that makes dancing weird is your own insecurities, so as long as you strip those back and just have a good time, you're a good dancer.

Why did you think a dance class would be a good fundraising idea?

Everybody loves to dance; it's infectious, it's fun and it's great for fitness, so everyone's working up a sweat and doing themselves some good, plus they're enjoying themselves and they're raising money for Stand Up To Cancer while they do it - it's a win-win situation!

If you could have any other celebrity join your class, who would it be?



'THE BEST THING WE CAN DO IS RACK OUR BRAINS FOR ANY WAYS TO RAISE MONEY TO INCREASE AWARENESS ABOUT CANCER'

I'd have to say Ricky Gervais, but as David Brent. He really stands up for his own passions and is out there vocally trying to do good for what he believes in - also I genuinely think he'd join in with the dancing too, so that would be funny.

THE REBELLION WILL BE TELEVISED. FRIDAY, OCTOBER 21 ON CHANNEL 4

TIME TO GIVE CANCER THE FINGER. TEXT STANDUP TO 70404 TO DONATE £10*

How easy is it for people to get involved with Stand Up To Cancer and fight the good fight?

Have a play date with your kids; hold a tea party; get together with your friends for an art class; baking is a great idea - have a bake off! There are so many ways to get involved - ultimately, the best thing we can do is rack our brains for any ways to raise money to increase awareness about cancer.



PACK AT STANDUPTOCANCER.ORG.UK/LETSREBEL

Stand Up To Cancer is a national fundraising campaign from Cancer Research UK and Channel 4 which raises money for life-saving cancer research