

# Workout for a Cause!



We are all stuck at home and could use a little motivation to get movin'! You don't have to be a personal trainer or a yogi to host an at-home virtual workout session! Do good while sweating with friends! Your friends will appreciate it and it will be a great opportunity to ask for donations. You can even sell "tickets" to your workout fundraiser!

## Virtual Workout Suggestions:

Dance, Cardio, Strength Training, Yoga, Band Training, Pilates

## How to Ask for Donations:

- Subtle Ask: Create a sign that you can hang or make visible during your virtual workout fundraiser! It could include things like: Donations Suggested, Raising Funds for AWSF, please make a donation if this workout kicked your butt, etc. Make sure to let your friends know why you are hosting this fundraiser at the beginning of the session. Have fun and raise funds together!
- Create an invitation to your Workout for a Cause fundraiser and request a \$10 donation.
- Create workout challenges and ask your friends to commit to donating if they don't complete the challenge. For example, within the virtual workout, ask your friends to hold a plank for 60 seconds, perform the dance routine on their own, do a head stand, etc. The challenge will vary depending on your activity.
- Get active on your own but hold yourselves accountable! Download and use the same workout tracking app, we suggest Relieve! Ask your friend to commit to a workout goal and make a \$10 donation. If at the end of the week your friend did not achieve the workout goal and you did, the \$10 they donated can be attributed to your fundraising efforts! So now you'll be able to enter a \$20 offline donation! Let's say your friend does complete the challenge, carry the \$10 over to next week (it's just sitting in a pot of AWSF donations but not necessarily attributed to anyone, just yet). The second week workout goal can be more challenging! The person who achieves the goal during the second week will now have raised \$40 towards his/her fundraising!

## Suggestions and Ideas for Workout Fundraising Success!!!



- Promote your virtual workout fundraiser via Facebook invite, social media posts, texts, phone calls etc.
- Create your own virtual workout and stream via app of your choice. Check out our streaming app guide for options.
- Think about people in your network. Ask a trainer friend to co-host or lead a workout for you.
- Make a workout challenge such as 100 jumping jacks, 100 burpees, 5k and track via app such as Nike Run.
- Find a gym or trainer you prefer and see if they do Instagram Live or Zoom video training sessions. Plan to either tune in live on a certain date and time to their workout or workout to a saved session in their Instagram TV section or YouTube channel, etc.