

2022 Kansas City Kidney Walk

October 9th at KC LIVE! at Power & Light in Kansas City, MO



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					September 2 Fundraise Friday! Start your Facebook Fundraiser!	3 Update your Walk page with your personal story about why you walk!
4 Print Flat Sidney and take him on adventures!	5 Move it Monday! Jump start that fundraising and make your own donation	6 Share about your recent adventures on your page and/or social media.	7 Walking Wednesday! Take a walk and talk meeting.	8 Celebrate and add someone to your team.	9 Fundraise Friday! Ask 5 neighbors to support your efforts.	10 Treat yourself: Take a stroll to an ice cream shop!
11 Post an ask of \$33 in honor of the 33% at risk for kidney disease.	12 Move it Monday! Run as far as you can!	13 Two mile Tuesday! Can you do it?! It's only 4,000 steps.	14 Walking Wednesday! Challenge yourself to 3,700 steps before lunch.	15 Walk 10,000 steps today!	16 Fundraise Friday! Ask your employer to match your contribution.	17 Take a Nature Walk.
18 Double your miles day! Add the number of miles you've logged so far on your page!	19 Move it Monday! Walk this way...track your steps today.	20 Taco Tuesday! Make "walking tacos" then head out for a stroll after dinner	21 Walking Wednesday! Try a new path today on your stroll.	22 Share a selfie on your social media accounts.	23 Fundraise Friday! Remind friends and family to donate.	24 Talk to someone about kidney health or organ donation.
25 Walk one mile or 2,000 steps!	26 Move it Monday! Take a walk and talk meeting.	27 \$37 for the 37 million Americans living with kidney disease...see who will donate today	28 Walking Wednesday! Walk a mile in honor of someone special..	29 Share a Throwback Team Photo Collage	30 Fundraise Friday! Ask 10 people for \$10.	October 1 Take a walk in a different town.
2 One Week Countdown to walk...send a reminder today!	3 Move it Monday! Challenge a friend to the most steps today!	4 Get your walk plan together for Saturday!	5 Walking Wednesday! Call your bestie and go for a walk while you talk!	6 Three-mile Thursday! Add 6,000 steps to your total by hitting this goal!	7 Fundraise Friday! Push a reminder out on Facebook!	8 Get some rest! Tomorrow morning is Kidney Walk!
9 KIDNEY WALK! Walking virtually? Tune into the Livestream!	10 Post your Kidney Walk photos to Facebook!	Inspiration brought to you by SUE HENDON SOMATUS An Independent Licensee of the Blue Cross and Blue Shield Association <small>REVOLUTIONIZING KIDNEY CARE</small>				

Don't forget to tag us in your social media postings!!

Twitter / Instagram: @nkf_ksmo
 Facebook: @nkfservingmoks
 #KIDNEYWALK



Questions? Just want to Chat?

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