



# Fundraising & Fitness Planner

Here are your weekly challenges for the Ride for Heart Corporate Health & Wellness Challenge.

	Fundraising Challenge	Fitness Challenge
WEEK 1	<p><b>Tell your story</b></p> <p>Make it personal; share your KM goal and why you're participating in Ride for Heart to raise more funds. Use #RideCorporateChallenge for a chance to appear on rideforheart.ca</p>	<p><b>Lunch break power KM</b></p> <p>Invite a teammate for a quick walk during your lunch break. Get your KMs in and get to know each other.</p>
WEEK 2	<p><b>Beat as one</b></p> <p>Get everyone on the team involved in fundraising. Have every team member net one donation on their personal page. Looking for inspiration? Check out the <a href="#">Fundraising A-Z guide</a>. And remember, every dollar raised counts in the fight to beat heart disease and stroke!</p>	<p><b>Make every kilometre count</b></p> <p>One person dies in Canada every 5 minutes from heart disease, stroke or vascular cognitive impairment. Ride, Run, or Walk 5KM in one day.</p>
WEEK 3	<p><b>Every beat counts</b></p> <p>Captains encourage some friendly competition by recognizing team members who have amassed the most donations so far. Looking for inspiration? Here's a guide on how you can raise funds in five days!</p>	<p><b>Self-power your commute</b></p> <p>Try a self-powered commute! Riding, walking or running to work improves your cardiovascular health, boosts your mood, and sets you off on the right foot for the day. If your commute is too far or you work virtually, get out on a morning walk, ride or run before heading into the office.</p>
WEEK 4	<p><b>Share your success</b></p> <p>Reach or surpass your fundraising goal this week. Re-share your goal and progress to your socials or face to face with your personal QR code. #RideCorporateChallenge</p>	<p><b>Explore new challenges</b></p> <p>Change up your usual route, distance or activity this week. Check out our <a href="#">Activity Conversion Chart</a> for equivalent efforts, and get moving.</p>