MyFunRun
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What is the MyFunRun?

MyFunRun is a healthy fundraiser where participants participate in a run, walk or other activity. Throughout the fundraising campaign donations are collected online through personal fundraising pages and in person with pledge sheets.

MyFunRun's mission is to raise money for the organization and teach participants the importance of a healthy lifestyle which includes regular exercise and eating healthy.

How do you fundraise?

Online donations

The preferred and most efficient way to get donations is online with a credit card through your personal fundraising page. It's easy to ask for donations online! Simply share the address (link) of your personal fundraising page with family, friends and contacts around the world via email and social networks.

When you get donations via your webpage, everything is handled automatically and there is no paperwork to fill out and no cash to change hands.

If you aren't sure about how to ask for a donation online, the participant kit contains a sample letter you can use.

Offline donations

Accept cash or checks using the pledge sheet that's included in your participant kit to record the details. There is also a cash envelope that you can use to store and hand in cash and checks to the school.

100% of offline donations stay at your organization!

Door-to-door

Always have adult supervision if you go asking for donations door to door. If no one is home, leave a copy of your flyer and follow up at a later time.

Do's and don'ts

The best place to start is with people who care about you so be sure to request donations from family and friends. One of the advantages of MyFunRun is that you can request donations from people all over the world.

Be persistent! It's important to send more than one request to donors. Many times potential donors intend to contribute but they get busy or forget.

We recommend sending at least 3 follow up emails throughout the campaign to potential donors who have not responded to your request.

In-person

Reach out to people in person by explaining your cause, and asking for a donation.

Your participant kit includes a flyer that has a message about why you are fundraising. It also has your web page address and a QR code.

Show appreciation

It's important to show your gratitude to people who contribute. Take the time to send a thank you note or email donors who contributed to the campaign.

Your organization recognizes that physical activity can have a major effect on students and staff. Exercise can affect your grades, your mood, your stress-levels, your weight and even your overall health.

By holding a Fun Run, your organization is making an effort to give participants a consistent positive message about eating healthy. The MyFunRun.com website has more information regarding the benefits of a healthy fundraisers for organizations.

Healthy fundraising

Did you know?

- According to the President's Council on Fitness, Sports and Nutrition, currently only one in three children are physically active every day.
- Children spend up to 7.5 hours a day in front of a screens. That's a lot of screen time! It's no wonder that obesity, diabetes and depression are becoming so common.
- There is a simple solution – exercise.
- Getting physically active gives you energy, improves your sleep, reduces your chances of getting sick, clears your mind, and prepares your mind and body for a long and healthy life.

3 aspects to Healthy and Active Living

- Physical Activity
- Sufficient Sleep

- and Nutrition.

Benefits of physical activity

- Concentrate better in class and while studying.
- Your bones and muscles will get stronger.
- You will get sick less often.
- You'll feel more confident and have more self-esteem.
- You'll be able to sleep better.
- You'll have less likelihood of being overweight as an adult.
- You'll be less likely to develop diabetes, obesity, high blood pressure,and heart disease.

It's easy to incorporate exercise into everyday life. It doesn't need to cost money or take up a lot of time. The simplest way to start is to make better choices when you are going somewhere.

- Take the stairs instead of the elevator.
- Walk to the mall or movie theatre. Aim for 10,000 steps a day.
- Challenge yourself and your friends to reach for the doorknob instead of the computer.
- Go outside. You can play catch, throw a Frisbee, kick a ball around and play sports.
- You can also go swimming, hiking, skating, even dancing!

Sleep & stress reduction

We may think that we're not doing anything while we sleep, but the facts are just the opposite. During sleep, our bodies sort out hormone levels, our muscles, and even our memories! Sleep also helps us stay healthy. If you aren't getting enough sleep, you can end up with less energy, focus and brain power, and be more likely to get sick.

Lack of sleep even makes people hungrier

The National Sleep Foundation recommends sleep of 10-11 hours (ages 5-12) and 8.5-9.25 hours for ages 11-17. In order to get the sleep you need, you can follow these handy tips:

- Cut off your screen time (videogames, tv, computer) an hour before bed.
- Don't eat an hour before bed.
- Keep your room cool.
- Cut down on loud sounds by using earplugs, or turn on a fan to block out the noise.
- The darker your room at night, the better.
- Don't try to sleep somewhere you won't fit- skip the couch and go to bed!

Meditation

Meditating is a wonderful way to relieve your body of unwanted stress, all while improving your ability to concentrate. Meditating even a few minutes a day can have big effects on how you

think and feel.

What we put in our bodies is essential to how they function. Just like driving, if you don't provide the right fuel, the car just won't work properly. Incorporating smart food choices into your everyday life will make your engine run cleaner and better.

In addition to water, most of your diet should consist of fruits, vegetables, whole grains, and proteins.

Avoid saturated and trans-fats, salt (sodium), and added sugars.

Nutrition

Water

You've heard about drinking 8 glasses of water a day. But why is this so important? Keeping hydrated helps you digest your food, helps your blood transport nutrients and oxygen to cells, keeps your temperature regulated, your skin healthy, cushions your joints and helps take away the toxins your body produces. So keep that water bottle with you at all times, and drink a glass of water before you eat a meal or snack!

Fruits and vegetables

Each fruit and vegetable gives you a variety of advantages. The more variety of fruits and vegetables you eat, the more you'll benefit.

Whole grains

Whole grains such as brown rice and quinoa lower your chances of getting a range of diseases, and even have been shown to have an effect on asthma. Try to avoid processed grains (refined flour, for example) whenever possible.

Proteins

Your best choices for protein are lean meats, chicken, fish, beans, eggs, and nuts. Sometimes we just keep eating because the food is right in front of us, or we're bored, or restless. So remember to choose proper portion sizes, and to stop eating when you're full!

Get excited about getting healthy!

Choosing healthy and active choices are a way of life, and it all starts with your attitude.

Partner up with a friend to exercise, sleep better and eat wisely. You can encourage each other if you just don't feel like moving, and give each other tips as you find even more ways to keep healthy and active. This is your life. Live it well!