

ONLINE & ACTIVE

2021 IFIC FUNDRAISER

Participant Guide

March 1 - May 5, 2021

Step 1: Register

Complete our simple registration form to join our Online & Active Team

Insert link

Step 2: Pick an Activity and Goal!

This year, you aren't tied to running or walking, pick an activity that excites and motivates you and set a goal!

- Run 5km
- Walk 2.5km
- Bike 20km or Bike 5km every Monday for a month
- Do yoga everyday for a month
- Zumba everyday for a month
- Walk 15,000 steps a day for 6 weeks
-anything goes (check out our activity ideas for inspiration)!

Step 3: Raise Funds

- We will set you up as a team member on our GoFundMe Page
- Ask friends, colleagues, neighbours to donate and support you
- Post to social media to promote your activity (make sure to tell them what activity you're doing!)

Step 4: Get Active!

- Dress up in your best outfit and get moving
- Make sure to take a photo and/or screenshot your activity app and share to social media #activeforIFIC2021.
- Post your activity prior to May 3rd at 12pm EST to be eligible for prizes

Step 5: Celebrate Your Success

- Attend the IPAC Canada Closing Remarks to celebrate and see who won

Please follow all safety measures and restrictions where you live. Physically distance and wear a mask if you aren't doing a solo activity.

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