



TEAM BE  THE MATCH®

CHAMPION CHALLENGE

Move more. Raise more. Cure more.

ACTIVITIES LIST DO GOOD FOR YOU AND GREAT FOR OTHERS!

Not sure what to do for your Champion Challenge activity? No activity's too big or too small. The key is to get moving on behalf of all the patients who are stuck inside this summer fighting for their lives.

Be sure to start (or update) your Team Be The Match® page with photos and details on the activity of your choosing and why you're getting active to **fund more cures for blood cancer.**

NO MATTER WHAT YOUR PHYSICAL ACTIVITY LEVEL, THERE'S SOMETHING FOR EVERYONE!

- Bike
- Run—that 5K wine run you've been eyeing is calling!
- Swim
- Garden
- Hike
- Paddleboard or canoe
- Walk the dog
- Take the steps at work
- Try a new workout class
- Get to the gym X times per week
- Do yoga at the park
- Take your feet instead of the car
- Do an outdoor bootcamp class
- Join a summer sports league (Kickball anyone?)
- Play tennis—singles or doubles!
- Increase your step count by a percentage of your choosing
- Add a morning stretch routine
- Play ultimate frisbee
- Golf
- Go plogging (the Swedish fitness craze of walking/jogging and picking up trash)
- Play croquet
- Go lawn bowling
- Play catch with the kids or the dog!
- Have a dance party!
- Mow the lawn
- Get out on the boat! Waterski, tube, kneeboard
- Clean the house (yes, that is a physical activity)!
- Get your friends involved—make it a competition!



NEED AN EXTRA PUSH TO GET MOVING?

The first 50 fundraisers who raise \$200 on their page will receive an EXCLUSIVE Team Be The Match Camelbak® water bottle!