

Get **FIT** for a CAUSE

JOIN A CHARITY WALK, RUN, OR BIKE RIDE



If you are struggling to find a reason to get off your duff and exercise, go online and find a cause that interests you – Alzheimer's disease, animal welfare, breast cancer, heart disease, multiple sclerosis, etc. Chances are there is a fitness-related fund-raiser in your area that will inspire you to get fit and soothe your soul.

DON'T SIGN ON THE DOTTED LINE JUST YET

- Pick a cause and/or activity (cycling, running, dance-a-thon) that will keep you interested.
- Find out the minimum amount of money you need to raise to participate. If you can't afford it, are you willing to ask friends, family and co-workers to donate?
- Ask the organization how much of your actual donation goes to the cause, stays in your community, and is used to pay salaries of employees?
- Do a background check (guidestar.com) on the organization to make sure it's legitimate.
- Find out how much training is involved. Do you have the time and devotion to stick with it?

Action Step

Fitness is also about the mind and the spirit. Find something to do that satisfies your desire to be fit, as well as your passion to make a positive difference in your community.

VOLUNTEER

If you're not interested in fund-raising or can't commit to the extensive training needed to prepare for a marathon or a three-day walk, there are other ways you can still give to your community and get fit in the process.

- Volunteer at an area food bank that needs help picking up and delivering donations.
- Mow the lawn of an elderly neighbor every week.
- Become a sports coach for the local school or recreation department.
- Take part in community cleanup days.
- Help build a home for a needy family.
- Shovel snow off the sidewalks of family, friends, or neighbors who are not able to do this strenuous task.