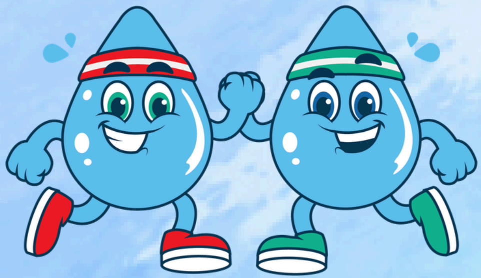
Sweatember

FOR

CYSTIC FIBROSIS

SWEAT IT FOR A CURE

FUNDRAISING HANDBOOK



SWEATEMBER

Welcome to Sweatember!

In its second year, Sweatember is a new national fundraiser for the Australian Cystic Fibrosis Federation where you commit to moving your body every day in September to support people living with cystic fibrosis (CF). Whether you walk, run, dance, do yoga, or hit the gym – every drop of sweat makes a difference.

We're rallying a mighty Aussie crew to battle it out with our trans-Tasman rivals, Team New Zealand!

Funds raised through Sweatember support CFWA, CFQ, CFSA, CFTAS, CFACT and CFA to help provide vital support services, research, advocacy, and clinical improvement.

WHAT IS CYSTIC FIBROSIS?

Sweatember provides an opportunity to start conversations around cystic fibrosis and build awareness of the condition. Below is some information you can share with your community when promoting your challenge.

What is Cystic Fibrosis?

Cystic fibrosis is one of the most common, recessive, lifelimiting genetic conditions affecting children and adults in Australia. Cystic fibrosis causes thick, sticky mucus to build up in organs, primarily the lungs and pancreas.

Facts About Cystic Fibrosis:

- Over 3,800 Australians live with cystic fibrosis.
- 1 in 25 Australians carry the cystic fibrosis gene
- A baby is born with cystic fibrosis every 4 days in Australia
- Currently there is no cure for cystic fibrosis.

HOW YOUR FUNDRAISING HELPS

Your fundraising efforts for Sweatember will enable us to support critical research funding and provide essential services to Australians living with cystic fibrosis across the country.

Mental health and wellbeing support

Subsidies for vital equipment

Saline therapy and airway clearance support

Education, awareness, advocacy and research

HOW DO I SWEAT IT OUT?

You can do anything that gets you moving! This includes walking, jogging, swimming, cycling, gym workouts, team sports, yoga – even dancing in your lounge room. Just choose what works for you!

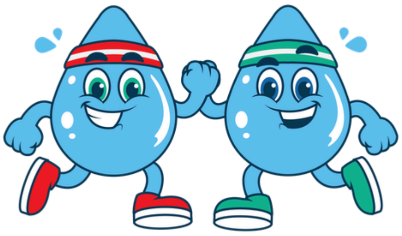
Some ideas below:

- Try a YouTube workout
- Walk 10,000 steps
- Go for a sunrise or sunset walk
- Create your own dance routine!
- Do a workout during ad breaks or between episodes

WHY SWEAT?

People with cystic fibrosis naturally sweat more — and their sweat contains extra salt.

We're challenging you to get sweaty because staying active is one of the best ways people with cystic fibrosis can manage their health. Exercise helps clear the lungs of sticky mucus and reduces the risk of infections.



FUNDRAISING TIPS

1. Update your profile picture & story
2. Keep supporters updated
3. Set your target
4. Ask for support
5. Thank your donors and supporters!

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bit.ly/sweatember26

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