



## *Welcome to the team!*

Let's do this!

**FIRST OF ALL.** THANK YOU so much for making this commitment to help Haitians and get moving too. We trust that you know your body and your limitations. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for you. Don't forget your sunscreen and hat if you are outdoors. Drink lots of water and stay hydrated. We hope that by getting in 10,000 steps a day you will feel the benefits and keep on going even after August is over because your health is important.

**PEDOMETER.** Many people might already have a pedometer; but, for those that are new to this, look at these recommended apps for your phone. (ctrl + click to follow the link or copy and paste)

For Android - <https://www.maketecheasier.com/free-android-pedometer-apps/>

For Iphone - <https://www.cnet.com/how-to/the-best-iphone-apps-for-tracking-steps/>

Maybe you would rather have an actual pedometer. There are many choices and they all basically work the same. There are options at the site below, but feel free to get what is best for you.

<https://www.pedometersusa.com/>

**SPONSORS.** Use the form at the end of this document to record your donors and keep track of pledges. You can start asking today all the way through August 31<sup>st</sup>. When someone gives in your name, please let them know to include your name in the memo of the check or in the instructions of the paypal transaction. If they happen to miss that, just send us an email letting us know and we'll make sure that donation was marked for you. If someone would rather give a one-time gift, that's fine too. All of it will be counted towards your name and count towards the prize.



## SAMPLE POSTS.

FB – Hey, you guys! I’m so excited to share this! I joined a challenge to help Real Hope for Haiti get solar panels (thus 24/7 electricity in the Cholera Treatment Center) and an incinerator for medical waste. I’ll do the hard part - attempt to walk 10,000 steps each day in August. I need sponsors to pledge a dollar amount for every day I make my goal. Can you be one of them? #StepItUp2LightItUp

Twitter – Committed to 10,000 steps/day in August to raise funds for needed medical equipment @RealHope4Haiti. Can you sponsor me? #StepItUp2LightItUp

Email – I’m writing to let you know about a fabulous opportunity to do good! I joined a challenge with Real Hope for Haiti. They want to purchase solar panels for the Cholera Treatment Center so they have 24/7 electricity to give adequate light for the nurses placing IVs and the staff attempting to keep a very infectious disease from spreading. They also want an incinerator to dispose of contaminated medical waste, rather than the current practice of burning it. I’m going to attempt to walk 10,000 steps each day in August. Would you sponsor me for a certain dollar amount for each day I make my goal? It’s a big goal, but the rewards of improved health for the Haitian people are worth it! #StepItUp2LightItUp

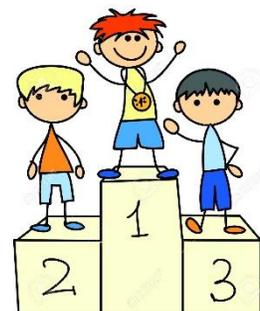
**COLLECTING PLEDGES.** At the end of August, update your sponsors and collect your pledges in two ways. **Get your donations in quickly (mailed by Sept 13<sup>th</sup>) to make sure the count towards the prize.**

1. Checks can be made out to “RHFH” and make sure ***your name is in the memo.*** Collect them all send to RHFH, 15215 Endeavor Dr, Noblesville, IN 46060.
2. You can also have them use PayPal by clicking on the button at the bottom of the original post or by directly sending them this link: [https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted\\_button\\_id=F22MLHZRBCS8G](https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=F22MLHZRBCS8G) There will be a spot under the donation amount that says ***“NAME OF WALKER” where they will need to type in your name*** so you will get credit towards the prizes.

**PRIZES.** The top three individual walkers that raise the most money will earn a prize!

1. Free room and board for one trip when visiting RHFH (\$50/night)
2. RHFH water bottle
3. RHFH T-shirt

We hope to announce the winners on September 22<sup>nd</sup> on the RHFH facebook page.



~ August 2017 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p><b>1</b> </p> <p>Each day you reach 10,000 steps check the sun to keep track of your total days.</p>	<p><b>2</b> </p> <p>WALKING WEDNESDAY! Update your sponsors on how you are doing.</p>	<p><b>3</b> </p> <p>Make sure you stretch and warm up before long walk.</p>	<p><b>4</b> </p> <p>Every little bit adds up. Try to get in several short walks today to add up to 10,000 steps.</p>	<p><b>5</b> </p> <p>Don't forget your sunscreen and hat.</p>
<p><b>6</b> </p> <p><i>"Take care of your body. It's the only place you have to live."</i> Jim Rohn</p>	<p><b>7</b> </p> <p>Drink lots of water today.</p>	<p><b>8</b> </p> <p>Thank you for helping Haitians and RHFH. We appreciate you!</p>	<p><b>9</b> </p> <p>WALKING WEDNESDAY! Update your sponsors on how you are doing.</p>	<p><b>10</b> </p> <p>Keep it up! Post a picture of you walking, the beautiful scenery, or your total steps for the day on your pedometer.</p>	<p><b>11</b> </p> <p>Kreyol lesson: sun = solèy</p>	<p><b>12</b> </p> <p>Take your pet with you on a walk.</p>
<p><b>13</b> </p> <p>When you feel like quitting, think about why you started.</p>	<p><b>14</b> </p> <p>Always be prepared! You never know when you can squeeze in a short walk.</p>	<p><b>15</b> </p> <p>Try to add some stairs in today for more steps.</p>	<p><b>16</b> </p> <p>WALKING WEDNESDAY! Update your sponsors on how you are doing.</p>	<p><b>17</b> </p> <p>Try taking a walk with your family tonight.</p>	<p><b>18</b> </p> <p>Stay safe and hydrated.</p>	<p><b>19</b> </p> <p>Listen to some music on your walk today. Songs that are 120-145 beats per minute will get you moving.</p>
<p><b>20</b> </p> <p><i>"If you don't do what's best for your body, you're the one who comes up on the short end."</i> Julius Erving</p>	<p><b>21</b> </p> <p>You are doing a great job! Move a little every hour.</p>	<p><b>22</b> </p> <p>Kreyol lesson: walk = mache</p>	<p><b>23</b> </p> <p>WALKING WEDNESDAY! Update your sponsors on how you are doing.</p>	<p><b>24</b> </p> <p>Do you know how fast you are walking? To get a close estimate, count the number of steps you take in a minute and divide by 30.</p>	<p><b>25</b> </p> <p>Keep your body fueled with healthy food.</p>	<p><b>26</b> </p> <p>Have some fun today! Invite your BFF to walk with you or stroll through a new park.</p>
<p><b>27</b> </p> <p>You are stronger than you think.</p>	<p><b>28</b> </p> <p>Try to find another sponsor by the end of the month.</p>	<p><b>29</b> </p> <p>The month is almost over but we hope that you keep up this healthy habit.</p>	<p><b>30</b> </p> <p>WALKING WEDNESDAY! Update your sponsors on how you are doing.</p>	<p><b>31</b> </p> <p>Last Day! Finish strong and let your sponsors and RHFH know your total days.</p>		

