

What is MyFunRun

MyFunRun is a healthy fundraiser where students participate in a run, walk or other activity. Throughout the fundraising campaign donations are collected online through personal fundraising pages and in person with pledge sheets.

MyFunRun's mission is to raise money for the school and teach children the importance of a healthy lifestyle which includes regular exercise and eating healthy.

How Do You Fundraise?

Online Donations

The preferred and most efficient way to get donations is online with a credit card through your personal fundraising page. It's easy to ask for donations online! Simply share the address (link) of your personal fundraising page with family, friends and contacts around the world via email and social networks.

When you get donations via your webpage, everything is handled automatically and there is no paperwork to fill out and no cash to change hands.

If you aren't sure about how to ask for a donation online, the student kit contains a sample letter you can use.

Offline Donations

Accept cash or checks using the pledge sheet that's included in your student kit to record the details. There is also a cash envelope that you can use to store and hand in cash and checks to the school.

100% of offline donations stay at your school!

Door to door

Always have adult supervision if you go asking for donations door to door. If no one is home, leave a copy of your flyer and follow up at a later time.

Do's and Don'ts

The best place to start is with people who care about you so be sure to request donations from family and friends. One of the advantages of MyFunRun is that you can request donations

from people all over the world.

Be persistent! It's important to send more than one request to donors. Many times potential donors intend to contribute but they get busy or forget.

We recommend sending at least 3 follow up emails throughout the campaign to potential donors who have not responded to your request.

In Person

Reach out to people in person by explaining your cause, and asking for a donation.

Your student kit includes a flyer that has a message about why you are fundraising. It also has your web page address and a QR code.

Show appreciation

It's important to show your gratitude to people who contribute. Take the time to send a thank you note or email donors who contributed to the campaign.

Your school recognizes that physical activity can have a major effect on students and staff. Exercise can affect your grades, your mood, your stress-levels, your weight and even your overall health.

By holding a Fun Run, your school is making an effort to give students a consistent positive message about eating healthy. The MyFunRun.com website has more information regarding the benefits of a healthy fundraisers for schools.

Healthy Fundraising

Did you know?

- According to the President's Council on Fitness, Sports and Nutrition, currently only one in three children are physically active every day.
- Children spend up to 7.5 hours a day in front of a screen(TV, videogames, computer). That's a lot of screen time! It's no wonder that obesity, diabetes and depression are becoming so common.
- There is a simple solution – exercise.

- Getting physically active gives you energy, improves your sleep, reduces your chances of getting sick, clears your mind, and prepares your mind and body for a long and healthy life.

3 aspects to Healthy and Active Living

- Physical Activity
- Sufficient Sleep
- and Nutrition.

Call or Visit us Online TODAY!

1-877-769-3836 | www.myfunrun.com | info@myfunrun.com