

# EMAIL: Join my Team

## **SUBJECT:**

Join my Move, Groove & Improve Challenge team!

## **MESSAGE:**

Camp Health, Hope & Happiness is proud to present the first Move, Groove & Improve Challenge – a 20-week virtual, activity challenge from March 28<sup>th</sup> to August 14<sup>th</sup>, 2021. During this time, individuals and teams will walk, run, roll, dance, stretch, exercise, and otherwise “Move, Groove and Improve” their physical and mental health!

It sounded like a fun way to support children and adults with disabilities, so I created a team [\[insert team name\]](#) – and I want you to join me! Help me reach my team goal of [\[insert team goal minutes\]](#) by

1. Creating a personal Move, Groove & Improve page under my team by visiting [\[insert team fundraising page link\]](#)
2. Tracking your minutes of exercise (walking, running, rolling, dancing, stretching, etc.) and uploading your progress to the personal and team pages
3. Share your page with friends and family to help raise money to improve access to specialized outdoor recreation programs for children and adults living with disabilities across Alberta

If you raise at least \$300, you will get a special signature event sweater and be entered in a draw to win a Smart Watch Fitness Tracker! For each additional \$50 over \$300 you raise you receive additional entries into the prize draw. You can help the [\[insert team name\]](#) team reach our team fundraising goal, qualify for great prizes *and* support a great cause!

Join [\[insert team name\]](#) by visiting [\[insert team fundraising page link\]](#) and click “JOIN THE CAMPAIGN” to get started. If you need help creating your fundraising page or have any questions, please feel free to contact Greg at Camp He Ho Ha: [greg@camphehoha.com](mailto:greg@camphehoha.com).

I hope you join me on this journey!

Sincerely,

[\[Insert Name\]](#)