

## EMAIL: Kicking it off

### **SUBJECT:**

Support my journey to better physical and mental health!

### **MESSAGE:**

Camp Health, Hope & Happiness is proud to present the first Move, Groove & Improve Challenge – a 20-week virtual, activity challenge from March 28th to August 14<sup>th</sup>, 2021. I have accepted the challenge and will walk, run, roll, dance, stretch, exercise, and otherwise “Move, Groove and Improve” my physical and mental health- all while raising money for people with disabilities. I have set my personal goal to [insert type of exercise(s)] for [insert number of minutes] minutes from now until August 14.

I am hoping to raise [insert fundraising goal] to support opportunities for children and adults with disabilities to experience recreation, the outdoors, and summer camp. But this challenge is about more than raising money – it’s also about raising awareness of the benefits of exercise to people with disabilities.

For some, exercise is part of an active lifestyle or a healthy way to blow off steam. But for people living with a disability, exercise is a crucial part of managing their mental health and living well. Did you know that according to a study in the Behavioural Brain Research Journal, moderate self-selected exercise for 30 min, enhances self-esteem, and increased activity in the sensory, motor, and association areas of the brain?

That is why I took on this exercise challenge and I would love your support! You can donate to my campaign on my personal fundraising page at [insert fundraising page URL]. Or share my page with your friends and family to help me spread awareness.

If you need help making a gift or have any questions, please feel free to contact Greg at Camp He Ho Ha at [greg@camphehoha.com](mailto:greg@camphehoha.com).

Thank you for your support of me, Camp He Ho Ha, and individuals with disabilities!

Sincerely,

[Insert Name]