



## Push Paddle Pedal Fundraising Tool Kit

### Suggested Social Media Posts

1. I have pledged to move 1,000 minutes of exercise this summer in Turnstone's Push Paddle Pedal challenge! I'm trying to raise \$100 for Turnstone's comprehensive programs and services for individuals with disabilities. Will you consider supporting me in this endeavor? Today, I will be [running, walking, pushing, biking...] cheer me on by donating \$[X]! \*link\*
2. Did you know that a \$30 donation provides an individual with a disability a membership to Turnstone's adaptive fitness center? This weekend, I will be [kayaking, cycling, or pushing] as I work towards my goal of moving 1,000 minutes throughout the summer! Donate to create possibilities for individuals with disabilities here: \*link\*.
3. I will be logging 1,000 minutes of movement this summer to support the possibilities created for individuals with disabilities at Turnstone. Turnstone aspires to a world that accepts and values people based on their abilities. Join me in supporting Turnstone's vision by donating on my page, \*link\*.
4. I am [halfway, close, almost] to my goal of raising \$100 for Turnstone's comprehensive services and programs for individuals with disabilities. Will you donate to help me reach my goal? I love Turnstone because [insert why you love Turnstone]. Consider supporting Turnstone and my goal of 1,000 minutes of movement this summer by donating here: \*link\*.
5. I am completing a total of 1,000 minutes of movement by July 31st because [tell your friends and family why you want to support Turnstone]. You can make your gift at \*link\*.

***Other social media suggestions:*** live stream your daily minutes, ask people to donate as you exercise, post updates about your minutes of movement on your stories, tell your friends and family about the fun time you had completing your minutes for the day, ask followers to donate a dollar each time you complete a day.

## **Email Suggestions**

### **First Email**

Hello, \*insert name\*.

This summer, I will be logging a total of 1,000 minutes of movement to create possibilities for individuals with disabilities at Turnstone. Turnstone empowers individuals with disabilities to achieve their highest potential by providing comprehensive services and programs.

I am choosing to accept this challenge because [tell why you want to support Turnstone].

I am also asking my friends and family to come alongside me in raising \$100 for Turnstone. Would you consider helping me reach my \$100 goal by donating at \*link\*?

Thank you for cheering me on in this endeavor!

### **Follow-Up Email**

Hello, \*insert name\*.

Throughout this summer, I have been working hard to reach 1,000 minutes of movement! During this journey, I have also been asking my friends and family to cheer me on my donating to Turnstone.

I am currently [xx]% of the way to my goal of raising \$100. As I continue to conquer this movement challenge, would you consider supporting me? \*link\*

Your support will create possibilities for children and adults with disabilities at Turnstone. Turnstone aspires to a world that accepts and values people based on their abilities.

Thank you!

### **Text Message Suggestions**

1. Hey, \*insert name of recipient\*! This summer I will be moving a total of 1,000 minutes to support Turnstone's mission of empowering individuals with disabilities. I'm also trying to raise \$100 to further support Turnstone. I've included the link in this text if you're interested in cheering me on! \*link\*
2. Hello! I have a goal to [push, cycle, run, walk, etc.] for a total of 1,000 minutes this summer to raise \$100 for Turnstone. I love Turnstone because [share why Turnstone is important to you]. Would you consider donating just \$25 at \*link\*?
3. Hey, you may have seen my post online, I've been challenged to push, pedal, or paddle for 1,000 minutes from June 1<sup>st</sup> – July 31<sup>st</sup>! I am asking my friends to cheer me on by making a small gift to Turnstone. If you're interested in helping, you can visit my page at \*insert link\*.