

Pushups for Charity

Get fit. Have fun. Make a difference.

PUSHUPS FOR CHARITY GEELONG 2013

DONOR INFO-PAK

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**Thank You For Donating To Pushups For
Charity
Now...Let's Have Some Fun!**

From: Dale Ringin, Peak Fitness Challenge

Dear Pushups For Charity Donor,

You are awesome! And I mean that sincerely. It is so reassuring to know there are folks like you who want to help others and make a difference...and are willing to do more than just talk about it. **You're an action-taker, a doer.** You don't just stand on the sidelines, you get in the game!

So my first order of business is to say a hearty and heart-felt...**THANK YOU!**

Now...let's have some fun.

If you haven't downloaded your 12-Week Body Transformation System yet, you can do that by going here:

www.peakfitness.net.au/cb_pages/puc_downloads

And most importantly, if you haven't made your \$20 (or more) generous donation to The Cancer Council's I Love Pink charity drive on their secure website, please do that now by going here:

<http://vic.cancercouncilfundraising.org.au/personalPage.aspx?registrationID=658392>

As long as you're connected to the internet, you can simply click either of the links below to be taken directly to those websites.

Pushups for Charity

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Please Help Us Spread The Word About Pushups For Charity

Here at Peak Fitness Challenge we're on a mission to raise money for the Cancer Council's pink ribbon day **AND** to help people in our local community who want to get in shape, lose weight and adopt the exercise habit for life-long health.

Those are the two reasons why we're putting on the Pushups For Charity Challenge.

But we recognize not everyone wants to come out and do pushups, which is why we are providing the 12-Week Body Transformation System home study program to everyone, participants and donors alike.

And it's a fantastic program that can really help a lot of people get healthy and fit. It's a proven program that just flat out works.

To get it, all anyone has to do is what you are doing...be a Pushups For Charity donor. Or, if they'd prefer to do pushups with us on Saturday 26th October, then they can sign up as a participant. The whole process is so powerful because people get to help the children...and help themselves at the same time.

But we really need **YOUR** help to spread the word about Pushups For Charity.

On the following pages you'll find an email you can send to everyone you know directing them to the Pushups For Charity web site, and a great flyer you can pass out to people you know and give to stores/shops you patronize and ask them to display it for their customers.

Thanks in advance for helping us spread the word by using the tools on the following pages...

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Email To Send To Everyone You Know

Subject: I think you'll like this

Hi everyone,

I hope you're all doing well. I just wanted to drop you a note and share something with you I think you'll like.

There is an upcoming event called Pushups For Charity that raises funds for The Cancer Council's I Love Pink charity drive, supporting those affected by breast and gynaecological cancers.

In return for my donation to The Cancer Council, I get a great home fitness program called "Your 12-Week Body Transformation System" created by one of Geelong's leading fitness and weight loss experts.

And you can get it too. You can even participate in the Pushups For Charity event if you like.

All the information is on this website. I hope you'll take a look.

www.pushupsforcharitygeelong.com.au

All the best,

Pushups for Charity

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Finally...You Can Support The Cancer Council's I Love Pink Charity Drive By Spreading The News About Pushups For Charity

We highly encourage you to print 10 (or more) copies of the flyer you see on the next page and drop them off or post them wherever you feel it's appropriate (at work, place of worship, grocery store, with friends, etc. - use them to spread the word however you like).

It's really important to get as many Geelong region residents as possible engaged and participating in Pushups For Charity because...

1. More people doing pushups means **more money raised for the Cancer Council's programs.**
2. More people doing pushups means **a healthier, happier, more positive and productive community.** There's simply no denying that when folks get engaged in a positive and rewarding activity like fitness, they feel better, perform better and frankly, are generally nicer and more enjoyable to be around! And that's what we all want for Geelong! Don't forget, regardless of whether a person chooses to participate doing pushups, or just wants to sponsor you, they **ALL** get the 12-Week Body Transformation System. And that's a fantastic "kick start" program for anyone who wants to learn how to lose weight, burn fat and get in shape...the right way!
3. More people attending the Pushups For Charity Challenge event means **MORE FUN for everyone!** I keep coming back to the "fun" element because it's so important. Fitness, done the right way, is a heck of a lot of fun...for everyone...kids, adults, seniors...everybody. And if there's one thing we're really good at here at Peak Fitness Challenge, it's making fitness fun (you'll get to experience that at the event).

So again, please help us, help the community and help The Cancer Council by printing 10 copies of the flyer on the next page and dropping them off or posting them all over town wherever you think it's appropriate. You could even give a couple of the flyers to some of the local stores/shops you patronize and ask them to display them to their customers.

On behalf of the children...**thanks for your help!**

PUSHUPS FOR CHARITY

GET FIT. HAVE FUN. MAKE A DIFFERENCE



**Your Fitness Level Doesn't Matter...
Only Your Willingness To Help Those Affected By Breast &
Gynaecological Cancers**

I  PINK

**SUPPORTING THOSE AFFECTED BY
BREAST & GYNAECOLOGICAL CANCERS**

How Many Pushups Can YOU Do In 90 Seconds?

Come Join The Fun, Get Fit And Make A Difference At Geelong's
Pushups For Charity On **Saturday 26th October** At

→ **Montpellier Primary School oval (Mt Pleasant Road, Highton) At 9am** ←

All The Details At: www.pushupsforcharitygeelong.com.au

The Pushups For Charity Challenge is a community-wide **charitable fundraising event** hosted by Geelong's leading fitness & weight loss business, Peak Fitness Challenge.

Pushups For Charity is a simple way for Geelong residents to "get fit, have fun and make a difference." It's not a competition with anyone else, just a way to challenge yourself to be, do and have more.

And you don't have to do thousands of pushups to make a difference. All you do is as many pushups as you can in **90 seconds** - **just one time** at our special event here in Geelong. And we'll even help you prepare!

It doesn't matter if you can only do 10. *Every pushup counts.* Because every pushup raises money for The Cancer Council's I Love Pink Charity Drive, supporting those affected by breast & gynaecological cancers. Your age & fitness level do **NOT** matter...only your willingness to help others!

And you don't have to do a single pushup if you don't want to, because there are other ways you can contribute.

Special FREE Bonus

"Your 12-Week Body-Transformation System"

This powerful program, developed by Geelong's leading fitness & weight loss experts, **Peak Fitness Challenge**, and **valued at \$97**, is your **FREE** bonus gift just for registering to participate, or sponsoring someone who is participating. There is no cost to participate in Pushups For Charity, and ALL donations go to Big Brothers Big Sisters Geelong.

Get All The Details Here:

www.pushupsforcharitygeelong.com.au

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Frequently Asked Questions (FAQ)

Date & Time of Event: Saturday 26th October, 9am (please be sure to arrive between 8.45 and 9am)

Location: Montpellier Primary School oval, My Pleasant Road, Highton (between North Valley Road shops and Scenic Road)

What should I wear: Comfortable exercise clothing with sneakers

What should I bring: Water bottle, towel, “can do” attitude and as many supporters as possible

Can others come to cheer me on? For sure! The more the better. We want plenty of support on the day.

How should I prepare? Watch the video we made for you on how to do pushups correctly and how to progressively increase the number of pushups you can do. Start following the 12 week Body Transformation program, ask your trainer/gym instructor or contact us at Peak Fitness Challenge on 0411 158 972.

Is there a minimum amount I must raise? No, there is no minimum, but every dollar helps. We hope you will make the effort to get 20 sponsors. If you do that, you will be able to raise a considerable amount of money to support Big Brother Big Sister programs...and you'll feel great about that!

How do I collect the donations? After the event, we'll provide you with an official form indicating the number of pushups you did in 90 seconds (you can use this as “proof” for anyone who may be skeptical ☺). Then you simply email or call your sponsors and ask them to mail or hand-deliver cash or a cheque to you in the correct amount (depending on how much they pledged for each pushup you do) made payable to Big Brother Big Sisters.

What if I have additional questions? Contact Peak Fitness Challenge on 0411 158 972 or info@peakfitness.net.au or speak to the person that told you about the event.



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About Dale Ringin & Peak Fitness Challenge Pushups For Charity Founding Partner

Pushups For Charity is a major charitable fundraising alliance of 100 of the leading fitness service providers across the country. All of us have joined forces to help raise money for varying charities across the country and to help our local communities by getting folks engaged in a fun way to get fit.

Over the next few months there will be 100 different Pushups For Charity events all over the country (you'll probably hear about it on the news), with thousands of people participating and a significant amount of money raised for charity. Our collective goal is to raise close to half a million dollars... **one pushup at a time.**

I'd like to tell you why I became a Pushups For Charity Founding Partner and a little bit about my business, Peak Fitness Challenge, so you can feel comfortable and confident about registering to participate or to donate.

I choose to become involved in this great event because of three reasons.

1. I'm concerned about our number one status here in Australia, the most obese and overweight country in the world! I believe that the fitness industry must find more ways to engage our communities and make fitness, exercise and activity fun! I think back to the Jump Rope for Heart and Walkathon Days done when I was teaching and they were always great fun so why can't adults get that same feeling? From where I sit, Push Ups for Charity is a great opportunity to have fun, engage our whole community in Geelong and give people something to aim for with their fitness.
2. Giving back feels good! It's pretty simple but we're extremely lucky in Geelong to have some fantastic activity and fitness based events that "give back" and I love participating in those types of events. So I felt this was a great opportunity for Peak Fitness Challenge to add to the giving back culture we have in Geelong.
3. It's a very simple concept that allows many people to benefit. There's people that participate who have a goal to aim for. There's those who donate and feel like they can still contribute even if they can't participate. And there's the charity, in our case it's the Cancer Council, and all of the people involved in that charity/organisation.

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“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do.”

- Eleanor Roosevelt



From all of us here at Peak Fitness Challenge/Geelong Boot Camps for Women, and on behalf of the rest of the Pushups For Charity team, **thank you very much** for being a part of Pushups For Charity! We couldn't do it without YOU! Together we can make a difference and help young people that need support and guidance.

To your health and fitness,

Dale Ringin

Peak Fitness Challenge/Geelong Boot Camps for Women

Postal- PO Box 2033, East Grovedale, 3216

0411 158 972

info@peakfitness.net.au

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**Please Tell Everyone You
Know About Pushups For Charity
By Sending Them To**

www.pushupsforcharitygeelong.com.au

**We Need Your Help To Raise
As Much Money As Possible For
Those Affected By Breast &
Gynaecological Cancers!**

Plus...your friends will love being able to get the \$97 value
12-Week Body Transformation System
completely FREE!

Thanks For Your Support!