



IG WEALTH
MANAGEMENT
**WALK FOR
ALZHEIMER'S**

Alzheimer Society

On your marks. Get set. Step!

4 tips to get your steps up



Leave the car behind! For shorter trips, get some fresh air and walk instead. If you are going on a longer trip, try and park further away from your destination to get those extra steps in.



Take advantage of everyday tasks! Simple tasks like doing your chores, using your treadmill, cleaning, and going grocery shopping will help you reach your step goal in no time!



Take it a day at a time! Set a daily or weekly step goal that will help you meet your overall goal in no time!



Work together! Get your friends and family involved and meet your step goal together. Building a team is the first step in raising more awareness, more funds, and walking more steps!

6 tips to help you meet your fundraising goal

- 1. Set up your Personal Fundraising Page!** Login to your Participant Centre and set up your Personal Fundraising page to let everyone know why you're walking.
- 2. Pledge yourself!** Get started by giving yourself a boost in reaching your goal. By making a self-donation, you show your friends and family how much you care about the cause and will help motivate them to donate too!
- 3. Start sharing!** Use the power of social media to your advantage and spread the word about the **#IGWalkForAlz & #AlzStepChallenge**. Share pictures of your step progress and your Personal Fundraising page to keep your momentum going.
- 4. Build a team!** Get together with your immediate household, or virtually with your other friends and family, to complete your steps and fundraise together. Building a team is the first step in raising more awareness, more funds, and walking more steps!
- 5. Send an email** to those who would be interested in joining your team and let them know that you want to work together to fundraise and reach your step goal!
- 6. Follow up!** Reach out to everyone in your network through email, social media, or get personal and call them! The people in your life would love to support you and the cause that is close to you.

Need some help?

You can email our team with any questions at walkforalzheimers@alzon.ca