



Get moving

Do you run, walk, swim, climb, hike, jump, lift, stretch or ride? Taking on an exercise challenge is a great way to fundraise for Wesley Mission. Exercise challenges aren't just for the super fit—all that matters is that you challenge yourself.

Getting started

- Head to Wesley Community Fundraising and click 'Start Fundraising' to begin.
- Personalise your page by adding your story, photos and reasons for fundraising.
- Include details about your challenge, including when, where and what you're doing.

Setting goals

- Set an ambitious but realistic goal: \$200–\$1500.

Let everyone know

- Share your Everyday Hero page via email and social media with family, friends, colleagues, sports teams, church and/or community groups.
- Update your Everyday Hero page regularly with photos and details of your training so your supporters can see your commitment in action.

Do all the good you can because every life matters

Get ready

- Schedule regular training sessions before the event to make sure you're physically ready for your challenge.
 - Make sure you have the right equipment for the day: hat, sunscreen, pumped bike tyres, water bottles, energy boosting snacks, backpack.
 - Get a good night's sleep the night before your big day.
 - Work out how you will get to and from your challenge.
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On the day

- When your challenge gets tough, focus on your reasons for fundraising for Wesley Mission.
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After your challenge

- Thank everyone who helped you prepare or made a donation: this can be done through your Everyday Hero page but it's also good to consider a phone call, email, text message or a handwritten note.
- Refresh your Everyday Hero page with updates and photos from your challenge.

Contact us

If you're interested in taking up an exercise challenge to fundraise for Wesley Mission, we would love to hear from you.

Wesley Mission Fundraising

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