

# THE SQUAT CHALLENGE



The FSHD Global Research Foundation is proud to launch their new initiative “Muscles for Muscles”.

The aim of this campaign is to drive awareness, empathy and support towards finding treatments and a cure for FSHD muscular dystrophy. This challenge is bigger than just fundraising, it is personal to the one million people and their families living with FSHD. They need your help to find treatments and a cure.

## SCHOOLS, COLLEGE & UNIVERSITIES

**The Squat Challenge is ideal anyone and everyone including for Schools, colleges and Universities.**

### Why do the squat challenge?

- No cost to your School or university.
- Easy to get involved.
- Helps build a positive environment.
- Build better connections with your students.
- Brings fun into the classroom and sport.
- Allows people to learn and raise awareness about FSHD and raise donations to ultimately find a cure for this debilitating disease.

### There are 3 steps to getting your School or University involved:

1. Register as a participant and choose who the team captain will be whether this is yourself or someone else.
2. Create a team.
3. Once you are registered, we recommend setting up a community for your school or university to share. This means you can have teams that sit within that school or university. Example: You may want to create a community for your school, then have different teams for different classes or years etc.

### Ways you can complete your squat challenge:

- Class exercise every morning or afternoon.
- Incorporate it as part of school sport or University games.
- Have a specific time of the day where all students do their squats.
- Leader board for your institutes - squats and donations.
- Have a dedicated squat day for the month.



### What squats can you complete?

- Jump squats, Pistol squats, Frog squats, Front squats, Back squats...the list goes on.

**The Squat Challenge is a unique way to engage people in understanding muscular dystrophy:**

**GET FIT  
(AND A NICE  
BOOTY)!**

**LEARN  
ABOUT  
MUSCULAR  
DYSTROPHY!**

**CONNECT  
& HAVE FUN  
WITH YOUR  
STUDENTS!**

We want to achieve 1 million squats representing the number of people living with FSHD worldwide!

**REGISTER TODAY!**

**<https://fshdglobal.org/muscles-4-muscles/>**