

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 build muscles for those who can't and to drive awareness, empathy and support in funding medical research for 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.

WORK PLACE

The Squat Challenge is ideal for anyone and everyone including work places of various sizes.

Why do the squat challenge?

- No cost to your business.
- Easy to get involved.
- Helps build a positive working environment.
- Build better connections with your employees.
- Brings fun into the workplace. Helps keep your staff fit and healthy.
- 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 workplace involved:

1. Register your participation. Choose who the team captain will be whether this is yourself or someone else.
2. Create a team if you are completing the challenge in a group.
3. Invite people to join your team (through sharing your team's link via email, social media, SMS etc).

Ways you can complete your squat challenge:

- Lunch time exercise.
- Have a specific time of the day where everyone does their squats.
- Leaderboard for squats and donations.
- Have a dedicated squat day in the office.



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
EMPLOYEES!**

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

REGISTER TODAY!

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