

MDA Muscle Walk: Plan a FUNdraiser

The dollars you raise through MDA Muscle Walk fund urgently-needed research, treatments and support. Below are some ideas to help you engage your community and use your hobbies and your heart for good. We encourage you to turn anything you love to do or create into an opportunity to raise money for this life-saving mission. Resources are available to help you share your story, including your online personal participant center and the Muscle Walk fundraising app.



The Health Conscious Promoter

No-bake bake sale: Bring in healthy treats, like fruits or yogurts and encourage donations to your team. Or request donations to be a part of:

- Yoga classes
- Weight-loss contests
- Bike-a-thons, bowl-a-thons or swim-a-thons



The Creative Crafter

Create a Wall of Hope at work or in your community: For every donation, a donor can write their name and a note of encouragement on a post-it and display it on a designated wall. Or offer the following for a donation:

- Gift wrapping
- Flower arrangements
- Hand-made, one-of-a-kind items



The Event Planning Do-Gooder

Garage sale: Clean out your attic, garage, and basement and host a garage sale to raise funds for your team. Or request a donation for admission to take part in:

- Block party
- Cook-offs
- Car wash



The Friendly Competitor

Office decorating contest: Have individuals or divisions in your office decorate their space for an upcoming holiday. Votes are tallied by the donations in each of the participating colleague's jars. Or request an entry fee donation for:

- Scavenger hunts
- Video or board game tournaments



The Jack of All Trades

Mr. or Ms. Fix-It: Ask your neighbors if they need assistance watering gardens, painting a room, cleaning gutters, etc. and donate your "fee" to your team. Or offer up your expertise in the following:

- Babysitting
- Pet services



Muscle Walk

Muscular Dystrophy Association
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