



Sign up to be a jumping jack challenge host!

Join us as we GET FIT + GIVE BACK during the month of September. Accept the SWEAT MAKES CENTS challenge and be a jumping jack challenge host by hosting a fitness class or meet-up to benefit the Teen Diaries Foundation. Hosts commit to a minimum donation of \$250.

What does the \$250 commitment get you?

- 💧 Social exposure of your event on @prettygirlssweat's Instagram page
- 💧 Your logo on prettygirlssweat.com's website as a SWEAT MAKES CENTS host
- 💧 A PRETTY GIRLS SWEAT t-shirt
- 💧 Knowledge that you are helping teen girls in your own community

To achieve the \$250 fundraising minimum, we recommend that you host a jumping jack challenge meetup and charge each attendee \$10. With only 25 participants, you will make your goal, and we expect participants will want to give even more! \$10 will train a youth health leader and will bring us all closer to a world without childhood obesity.

Movement Creates Change. Sign up today!

Please complete this form and email to:
Teen Diaries Foundation Inc
Email: donate@teendiariesfoundation.org

Company Name: _____

Address: _____

City/State/Zip: _____

Contact Person: _____

Contact Phone: _____

Website: _____

Social Media: _____



Frequently Asked Questions

WHAT: SWEAT MAKES CENTS is a social media campaign designed to get people active, promote childhood obesity awareness, and encourage donations to fund free fitness programs for teen girls nationwide. GET FIT + GIVE BACK!

HOW: Participants complete 100 jumping jacks, post a short video of themselves in action on social media to a signature song, and get friends, family, and followers to sponsor 10 cents for each move they complete. For example, 100 jumping jacks helps a participant raise \$10 for charity! Participants get a great full body workout and the 501(C)3 nonprofit organization Teen Diaries Foundation uses the money (aka sweat equity) to fund free PRETTY GIRLS SWEAT fitness programs for teen girls nationwide and award student scholarships.

WHY: More than 23 million children and teenagers in the U.S. are obese or overweight, a statistic that health and medical experts consider an epidemic. While obesity rates have soared among all age groups in this country, obesity is a particularly grave concern for children. Childhood obesity puts nearly one third of America's youth at early risk for Type 2 diabetes, high blood pressure, heart disease and even stroke – conditions usually associated with adulthood. We train female students to become health leaders on their campus, in their communities, and in their homes to combat this issue.

WHO: Everyone participates! Principals can create a fundraiser page for their school, a fitness instructor can sign up for her class, a football team can kick off their commitment, or you can sign up as an individual. Anyone, at any age, or any gender can show their support!

GOAL: \$100,000

WHERE DOES THE MONEY GO: For our annual Sweat Makes Cents Jumping Jack Challenge, donations provide college scholarships to Teen Reporters and interns in our program who research, create, and publish inspiring and educational health and wellness content for 9 consecutive months to over 200,000 students that visit PrettyGirlsSweat.com. Fundraising dollars also help us train health leaders at the following institutions of higher learning: Bennett College, Binghamton University, Brooklyn College, Clark Atlanta University, County College of Morris, Fisk University, Georgia State University, Hampton University, Howard University, Kennesaw State University, Montclair State University, Rutgers University, Savannah College of Art and Design, Spelman College, Syracuse University, Temple University, Towson University, Virginia State University, and West Virginia University. The remaining funds sponsor fun childhood obesity awareness month events for high school students as well as financial contributions to organizations that encourage girls to get active and participate in nontraditional sports.

DONATE: teendiariesfoundation.org/smc

DEADLINE: September 30, 2018

