

Walk Your A.S. Off

walkASone challenge

www.walkASone.org

www.WalkYourASoff.com

www.facebook.com/WalkYourASoff

Walker _____

My Team _____

Address _____

My Charity _____ Must be one of our partner charities.

Email _____

Charity Website _____

My fundraising Goal: _____

My Participation Goal: _____

I am pledging to participate in the Walk AS One Challenge and have learned the following:

Ankylosing Spondylitis (AS) & Axial Spondyloarthritis (SpA) are chronic life long auto-inflammatory diseases that cause extreme back pain, fatigue, and inflammation throughout the body including possible organ involvement. Certain complications can lead to disability & spinal joint fusion. SpA often goes undiagnosed for years until fusion is apparent and the disease progresses to full blown A.S. & disability. Recent CDC estimates are that 1% of the population have this disease – or **33 million people** worldwide! If you or someone you know has had persistent unexplained back pain for over 3 months please get evaluated for A.S. You can find out more at StopAS.org or http://www.spondylitis.org/about/as_diag.aspx

Name	Email	Steps donated	Amount of donation	Check, Cash or Online	Learned About our Challenge & Spondylitis
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1.					
2.					
3.					
4.					
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12.					
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14.					
15.					

Program Instructions

1. Have your family & friends sign the pledge - use multiple sheets if necessary this is for NON registered walkers!
2. Check made out to:
3. Email your pledge sheets to steps.walkyourasoff@gmail.com by June 3rd to be eligible for prizes.
4. Thank you for making a difference in the lives of people living with a form of Spondylitis.

Total Number of Participants: _____

Total Steps Donated: _____

Total Amount Raised: _____



Donor Info must be NEAT & Complete for a tax receipt to be issued

Donate the easy way - ONLINE links to partner charities donation portals available at walkyourASoff.com/fundraising/

*Before beginning any new exercise program, consult your physician or physical therapist. They can help provide modifications to suit your particular needs. Ask which exercises you should do and then check to see that you are doing them correctly