

VIRTUAL WALK ways to participate

While we wish we could all be together, the health and safety of our community is of utmost importance and **we're focusing on staying together while staying apart!** We understand that everyone's level of comfort is different during these times, and are offering a number of safe and supportive opportunities for patients and their families to participate virtually! **Choose one of the options below or create your own!** Send us a photo or short video for a chance to be featured on Walk Day!



WALK

You can:

- Walk in your home
- Walk on a treadmill
- Use at-home cardio equipment
- Take a socially-distant walk around your neighborhood with your team, family, or friends

Align your activity with your interests! Participate virtually with one of these alternatives to walking:



DANCE Listen to your favorite song and dance to support the PF community. Challenge your friends and family to a dance-off! We can't wait to see your moves!



SING Demonstrate the importance of breath by belting your favorite song to support individuals with PF and their families.



COMPLETE A FITNESS CLASS Invite your network to complete a virtual workout class together. Take a picture or video of your class to motivate others to join you.



TAKE A SELFIE Use the PFF "Why I Walk" selfie sign. Share your picture with us to be included in our Virtual PFF Walk collage.



CREATE Use your art skills, crafting skills, or baking skills and get the entire family involved in a PF Project. From painting, knitting, to cake decorating, the options are endless. Show your support of the PFF Walk by using the PFF's blue and green colors in your design and send us a picture of the results.

Remember to share your pictures, videos, and messages with us! On Walk Day, we'll be sharing a collage on our social media channels and we'd love to feature all of the creative ways you're joining in this important fundraising program. Please send your content to pffwalk@pulmonaryfibrosis.org.