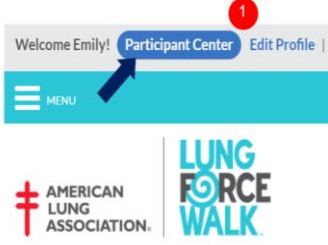
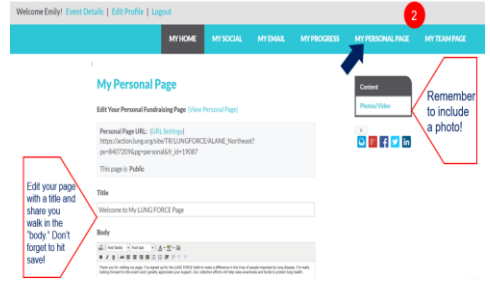
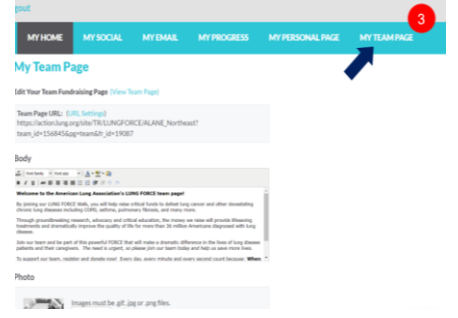


SHARE YOUR STORY

Get started by updating your personal and team fundraising pages with why you walk! Being a voice for change, spreading awareness and sharing hope is what the **LUNG FORCE** Walk is all about. People are more likely to support you if they understand your personal connection to **LUNG FORCE**.

<p>STEP 1: Log in to access your "Participant Center."</p>	<p>STEP 2: Click "My Personal Page" and edit the "Body" to share why you are walking. Don't forget to upload a photo of yourself or who you are walking for.</p>	<p>STEP 3: If you are a Team Captain, click "My Team Page" to edit your team's story and upload a photo.</p>
		

NEED HELP?

Use the examples below to begin writing your story to share on your Personal and Team pages.

1) I am walking: _____

Examples:

- *in honor or in memory of a loved one*
- *to raise awareness*
- *to fight against lung cancer, COVID-19 and other lung diseases etc.*

2) Because: _____

Examples:

- *I am a lung cancer survivor*
- *I love someone living with lung disease*
- *37 million Americans live with chronic lung disease*

3) The American Lung Association is important to me because it: _____

Examples:

- *has been a source of support for me or my family*
- *helped me to be a voice for change*
- *saved my life by encouraging me to get screened*

NOW WHAT?

Share your updated pages on social media and via email to ask people to join your team and donate to your fundraising efforts. Check out our Virtual Toolkit for helpful resources on how to fundraise and build your team!