When you sign up to WALK YOUR WAY, you are joining the LUNG FORCE Walk as a Virtual Participant. This means you can participate in the event no matter where you are!

Use our suggestions below to help get you started on fun ways to Walk Your Way. No matter how you participate, have fun and take photos! Share your images and videos with us on social media using #LungForceWalkAZ.

**SET UP CHALLENGES**

Whether you’re part of a team or participating as an individual, challenges are an easy way to make participating more fun!

- **Count your steps** on a normal Saturday and challenge yourself to double that number during your Walk.
- **Challenge yourself** to complete 1,000 steps for every person you know affected by lung disease.

**THINK OUTSIDE THE BOX**

Being virtual means you get to choose how to participate!

- Commit to **hike** a new trail.
- Complete your walk while doing **18 holes of golf**.
- Jump on your stationary **bike** and go.

**PLEDGE TO DO MORE**

Sometimes, a little outside motivation helps us go a long way!

- **Create a pledge drive**: ask donors to commit a certain dollar amount donated per every step or mile you achieve.

**MAKE THE WALK WORK FOR YOU**

Maybe Saturday’s aren’t your weekend or your schedule makes it hard to participate.

- Grab your colleagues and **form a work team**.
- **Create inter-office challenges** such as taking the stairs, walking X laps at work, or see who can get the most steps on their shift.

**GO THE DISTANCE**

There are no distance limits here!

- **Create a team challenge**: who can achieve the most mileage.
- **Commit to complete 36 miles** in recognition of the 36 million people affected by lung disease.

Register for FREE today at www.lungforce.org/arizona