



Walk Your Way Conquer 21 Challenge

Tired of COVID-19? Over 2020? Let's fight for change in 2021!

This is it -- the year of inspiring hope for all those living with lung disease like lung cancer, asthma, COPD and COVID-19. In 2021, the sky's the limit when you Walk Your Way. Join the Lung Association as we look to the year ahead and embark on a new kind of adventure. Be a part of the Lung Association's Conquer 21 Challenge by incorporating the number 21 into your activities and exercise routine. By encouraging hope and change in this calendar year we're curing lung disease one step at a time. Join us and let's Conquer 21 together.

Get up. Get moving. Get your 21.

Get moving and incorporate the number 21 into your exercise routine. Conquer 21 with one or more of the activities below.

- Visit your local parks and trails and make a goal of 2.1 miles a day or 21 miles this month.
- Stuck indoors? Try 21 "lung"es during your next conference call or webinar.
- On your next outing, how many times can you spot the number 21? Snap a photo of this number "in the wild" and post on social with #CONQUER21, #C21, #WalkYourWay.
- Get the whole family out for 21 minutes of play.
- Take a breather and hit the mat for 21 minutes of mindful yoga.



Ask. Ask. And ask again.

Did you know that the number one reason people don't give to a cause is because they aren't asked? Get creative with your donor asks this year by trying one of these 21-themed ideas:

- Ask for \$21 in honor of your Conquer 21 Challenge.
- Lead by example and self-donate \$21 towards your fundraising.
- Ask 21 friends, family, and colleagues for their best gift.
- Start a Facebook fundraiser to run for 21 days. Don't forget to track your activities in the LUNG FORCE Walk app available through [Apple](#) and [Android](#).
- Set your fundraising goal to \$210 or go big and set out to raise \$2021 on your own or with your team.

HAVE FUN! Every Step Counts and moves us forward in our fight for healthy lungs and clean air.

Walk Your Way in 2021! COVID-19 has changed our world, but it hasn't stopped our fighting spirit. Join us for your one-of-a-kind adventure to support healthy lungs and clean air. **Register Today!**

Contact us at 702-431-6333 or NevadaEvents@Lung.org

LUNGFORCEWALK.org/Reno