

Lawyers Have Heart Fundraising Templates and Resources



Please copy and paste any of the fundraising templates below! Personalize and send! Fundraising is that easy.

E-Mail Templates

The countdown is on, only **X weeks** left until my firm and I run in the 11th annual Lawyers Have Heart 5k road race in support of the American Heart Association. I am **\$X amount** away from reaching my fundraising goal and ask for your support my fundraising efforts today, by making a generous donation to my fundraising homepage **(INSERT URL HERE)**. Proceeds benefit the American Heart Association's mission of building healthier lives free of cardiovascular disease and stroke!

In **X days** I will be running in the 11th annual Lawyers Have Heart 5k road race. I am participating in this event because heart disease is the #1 killer of both men and women in the US even though it is 80% preventable. Please consider donating to my fundraising homepage **(INSERT URL HERE)** so there are less professional unaware of the risk factors of heart diseases and stroke!

In only **X DAYS** I will be participating on my firm's team for Lawyers Have Heart 5k. We participate because legal professionals tend to be most at risk of developing heart disease at some point in their career. Please help me and my firm raise awareness and funds to support the American Heart Association in bringing awareness and education to the Boston communities.

Please help me inspire the Boston legal community by contributing to my fundraising efforts in helping the American Heart Association raise vital funds to support their mission of building healthier lives, free of cardiovascular diseases and stroke. In order to build a healthier community here in Boston, we need to inspire change in our health and our life, one small step at a time. Please click here **(INSERT URL)** to help me reach my inspirational goal of **(\$X AMOUNT)**

Along with eating right and being active, real health includes getting enough sleep, practicing mindfulness, managing stress, and more. We know that a profession in law usually means long hours and high amounts of stress, which is why it is so important for us to raise awareness within the legal community about the impact that stress and lack of sleep can have on our bodies. Please consider donating to my goal of fundraising **\$X AMOUNT** for the American Heart Association, which will help grow programs and impactful initiatives here in Boston that educate our communities on these high-risk factors.

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Risk Factors Templates-

High Blood Pressure

High Blood Pressure is a leading risk factor of developing heart disease or experiencing a stroke. The American Heart Association| American Stroke Association have announced new Blood Pressure Guidelines. This change in guidelines will implement people at risk of high blood pressure to take action before reaching the risk zone. Funds raised by AHA|ASA supporters are vital to the implementation of programs and guidelines developed by the AHA's groundbreaking research. Please consider donating to my fundraising efforts to be a part of the AHA's impact on Boston and all Americans **(INSERT URL)**

Eating right

Fitting in time for the gym everyday gets tough. Through participating on my firm's team for Lawyers Have Heart 5k with the American Heart Association, I've learned tips & tricks for adopting a heart healthy lifestyle that isn't just focused on getting to the gym. **(INSERT THE EASY WAY TO EAT HEALTHY INFOGRAPHIC)**

Social Media-

Facebook Page: www.facebook.com/americanheartmassachusetts

Social media is a great tool to help share your involvement with the Lawyers Have Heart 5K Road Race, enhance your fundraising efforts and help further promote the mission of the American Heart Association. Below you will find suggested Facebook and Twitter messages.

Friends & family- I am so close to hitting my fundraising goal of **X AMOUNT**. Please consider making a donation to my fundraising efforts! I hope to inspire legal professionals to take action in leading a heart healthy lifestyle as our profession tends to enable our lifestyles with high risk factors.
@americanheartassociation

I am participating in the American Heart Association's Lawyers Have Heart 5K Road Race with **COMPANY NAME**! Please support my efforts with a donation **[or join my team]** today and help build healthier lives, free of heart disease and stroke. Visit **[link to team page]**.

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I'm proud to be teaming up with the American Heart Association to help fight heart disease & stroke by participating in the Lawyers Have Heart 5K Road Race and am asking for your support. Join me and my team **COMPANY NAME** or donate online today. **[link to team page]**

People who are physically active reduce their risk of cardiovascular disease by 30%. Reduce your risk and help raise money for the American Heart Association by joining me at the Lawyers Have Heart 5K Road Race on **(DATE OF EVENT)**!

If you could help save a life, would you? Join me and my team **COMPANY NAME** at the Lawyers Have Heart 5K Road Race on **(EVENT DATE/MONTH)** in Boston and you'll be supporting the American Heart Association's mission to reduce heart disease and stroke! **[URL link to team page]**.

Friends & Family- Today, I am challenging 10 of my FB followers to help me make a meaningful impact in Boston. This year, I am participating in Lawyers Have Heart 5k, a road race that brings awareness of heart diseases and stroke to the legal community in Boston. Help me become the top fundraiser at my firm by donating to my personal fundraising efforts **(INSERT URL)**. @americanheartassociation

This **(MONTH of EVENT)** I'm running to support the fight against heart disease and stroke by participating in 11th Annual Lawyers Have Heart 5K Road Race in the Seaport, Boston. This large fundraising event is to support local hospital grants and cardiovascular research through the American Heart Association. I have set a personal fundraising goal of **[REDACTED]** and with all of your support, I feel I can reach my goal! I am asking that my friends & family help me reach my fundraising goal! You can donate here **(INSERT URL)**. @americanheartassociation

@americanheartassociation explains that the reason for fighting for better cardiovascular health is all of life's precious moments. Life is Why. Why is your health important to you? For me, **[REDACTED]** is why! Please support my fundraising efforts for the American Heart Association! **(ENTER URL)**

I've joined my firm's team to participate in the 11th annual Lawyers Have Heart 5K Road Race this **(EVENT MONTH)** in Boston. It's important to my firm that we make an effort to raise funds for local hospitals grants and cardiovascular research being done herein Boston by fundraising for the American Heart Association through Lawyers Have Heart 5k Road Race. Visit my webpage to learn more about my story and to donate **(ENTER URL FOR HOMEPAGE HERE)**

Lawyers Have Heart

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There are so many reasons that make it hard to find time to get to the gym. I found these tips & tricks helpful in implementing a heart healthy lifestyle even on those long days that I just can't make it to the gym <https://healthyforgood.heart.org/> @americanheartassociation

There are many days that I am so busy that I put eating healthy at the bottom of my priority list. Through participating in Lawyers Have Heart 5k, the American Heart Association has provided so many tips & tricks on how I can stay healthy, even on those busy days. Take a look at some of the tips & tricks I've adopted to protect my heart! <https://healthyforgood.heart.org/> @americanheartassociation

Suggested Twitter Posts

- Follow @heartMASS and use #LHHBoston in your tweets
- A tweet can only be 140 characters long. All the tweets below meet that criterion.
- Excited to be a part of the @heartMASS Lawyers Have Heart 5K on (EVENT DATE) with COMPANY NAME/TWITTER HANDLE! #LHHBoston
- Donate today to support my Lawyers Have Heart 5K efforts & help @heartMASS build healthier lives! #LHHBoston [URL link to team page]
- We all know someone affected by heart disease or stroke. Join the Lawyers Have Heart 5K on 6/8 to make a difference! #LHHBoston [URL link to team page]
- Teaming up w @heartMASS & COMPANY NAME/TWITTER HANDLE to fight heart disease & stroke at the Lawyers Have Heart 5K on 6/8! #LHHBoston [link to team page]
- Being active reduces cardiovascular risk by 30%. Reduce your risk at the @heartMASS Lawyers Have Heart 5K! #LHHBoston www.LHHBoston.org
- If you could help save a life, would you? Register for the Lawyers Have Heart 5K to benefit @heartMASS! #LHHBoston www.LHHBoston.org