

2017 Southern New Jersey Fall Heart Walk Fabulous Fundraising Ideas....

- Hula hoop challenge
- Wii game challenges - Wii Fit, Bowling, Tennis
- Take 10 minutes to send 20 emails!
- Sell paper hearts, bracelets, chance to win X
- Ask colleagues, friends and family for donations - ONLINE EMAILS
- Heart-healthy cook off
- Raffle prizes: fitness center memberships, personal training sessions, nutrition consultations
- Lunch with top executive. \$X donation to enter raffle
- Match the baby picture with the employee contest
- Cutest pet contest
- Dance-A-Thon
- Ask cafeteria to donate \$1 of healthy lunch purchased
- Place collect the change for American Heart Association Jars at cafeteria cashiers
- Personalize your fundraising webpage with a photo and personal story
- Chair massage - \$5 donation for 10 min. with a masseuse
- Jeans or sneakers days - \$5 for one Friday; \$20 for 5 Fridays
- Pay to guess number of X and win a ____ (iPod; netbook; etc.)
- Car wash on site (get high school and college kids involved)
- Dunk tank
- Tricky Tray (raffle baskets from local businesses; dine around NJ)
- Golf outing (raffle off 3 people to play with someone from management)
- Escape to the movies - winner leaves early on Friday to see movie
- Darts for hearts - \$1 per dart, bullseye gets entry to raffle for prize
- Ping Pong tournament during lunch - \$20 to enter for prizes
- Bowling night out
- Coffee delivered to your desk by executives
- Post pledge sheet in a high traffic area with a significant pledge from executive
- Parking spot raffle
- Extra PTO to the highest (walkers recruited, emails sent)
- Post your fundraising efforts on Facebook and social media!



Don't forget about your great
Online Fundraising Tools
On the Southern NJ Fall Heart Walk
Website:

www.SNJFallHW.org