

**HoHoHo,
it's Christmas in July!
Be generous and
support me in the
FITSPIRIT
MOTHER/DAUGHTER
CHALLENGE**

presented by



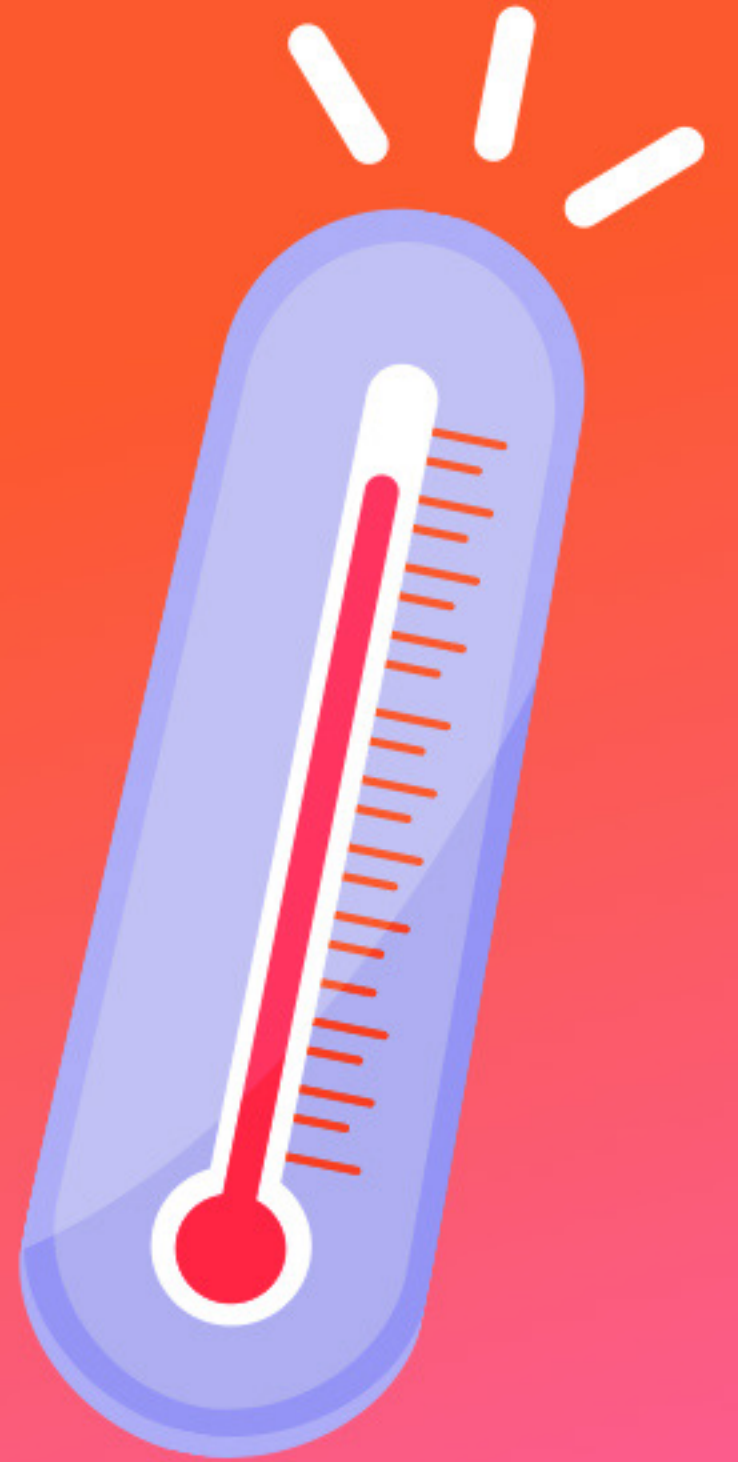
Sun Life



FITSPIRIT MOTHER/DAUGHTER CHALLENGE

presented by  Sun Life

**It's getting hot outside...
Help me raise my
fundraising
thermometer!**



FITSPIRIT MOTHER/DAUGHTER CHALLENGE

presented by  Sun Life

A donation for every km!



FITSPIRIT MOTHER/DAUGHTER CHALLENGE

presented by  Sun Life

**Today,
swap your bottle of
wine for a donation
to FitSpirit!**



FITSPIRIT MOTHER/DAUGHTER CHALLENGE

presented by  Sun Life

**\$10
DONATION**

= 10 SQUATS

My goal:
raise funds for FitSpirit!

