

SUGAR FREE SEPTEMBER.

#SugarFreeForMD

**MUSCULAR
DYSTROPHY**
NSW BUILDING STRENGTH
REACHING POTENTIAL



Going Sugar Free for 30 days is a challenge. Living with Muscular Dystrophy is much harder!

What Sugar Free September Corporate Challenge

When 1-30 September

How Cut refined and added sugars from the workplace for 30 days this September.

Why Give SWEET opportunities to kids living with the devastating challenges of Muscular Dystrophy and improve your health and wellbeing.

YES, we are interested! what's next?

Register Here for updates or
keep reading to learn more





By committing to the Sugar Free September Corporate Challenge this year, you are giving SWEET opportunities to kids living with Muscular Dystrophy, empowering them to build strength and reach their potential! You will also be seriously improving your team's health and wellbeing.

Sounds like a great challenge! What do I have to do?



You can empower a kid living with Muscular Dystrophy today!

Register your interest [here](#). When registration opens we'll set you up with a team fundraising page and guide you on your way!

To go #SugarFreeForMD:

1. Put sugar on lockdown for the month of September. Replace sugar packed foods in the workplace (like cookies and soft drinks) with alternatives such as teas, fresh fruit, popcorn & nuts
2. Share your Fundraising page and ask friends and family to sponsor you
3. Host a Sugar Free September workplace Fundraising event such as a Sugar Free BBQ, lunch or morning tea
4. Ask your organisation to match the donations raised as an added incentive to help smash your team fundraising goals!

I'm not sure what sort of event to host or how to keep my team motivated?

We'll send you sugar free recipe ideas, sugar hacks and tips to get you through September. We also have some great downloadable "Sugar Lockdown" decals, posters and other resources to help you on the challenge.

Don't worry, we've got your back!

So, what is the link between Muscular Dystrophy and sugar?

Apart from advocating healthy lifestyle choices for people living with Muscular Dystrophy there is no specific link between sugar and muscle wasting conditions. Try cutting sugar from your day and you'll soon realise that it's really tough...but not as tough as living with Muscular Dystrophy.

Here at Muscular Dystrophy NSW we love people who challenge themselves and use their strengths to empower others. By choosing a challenge that promotes a healthy lifestyle Muscular Dystrophy NSW aims to empower you too!

Why pick on sugar? Why not something else?

Evidence is pointing to the health benefits of limiting added and refined sugars! The health benefits of participating in the Sugar Free September Corporate Challenge are:

1. Improved health, including heart health and reduced risk of diabetes
2. Increase in employee engagement and feel good vibes that come with being part of a fundraising activity to support some really **AWESOME** kids!
3. Increased levels of creativity, drive and problem solving
4. Increased energy wellbeing and reduction in anxiety

YES! Let's work together!

You **empower**, **connect** and **support** your staff, customers and stakeholders through your culture, services and values and so do we. It's a **SWEET** fit.

Click the sign up button below so we can keep you in the loop!

SIGN UP





Quick FAQ's

I've heard that limiting sugar can make people a bit cranky?

Your team won't be limiting natural sugars found in fruits and vegetables etc. We ask that you remove foods from the workplace that include added and refined sugars only.

What if we have our own fundraising ideas?

Yes, we'd love to hear all about them. Contact **1800 635 109**
or fundraising@mdnsw.org.au and tell us your plans!

Does it have to be September? Can we make it another month?

September is our month and it does have "a certain ring to it" but if your organisation is unable to participate then please pick a month that suits you, we'd just need to get a little creative with your posters and your communications!

Got a question? Please drop us a line!

We'd love to hear from you!

Say Hello!

Email: fundraising@mdnsw.org.au

Phone: 1800 635 109

Mail to: Sugar Free September
Muscular Dystrophy NSW
80 Betty Cuthbert Drive
Lidcombe, NSW, 2141

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