



## Email and Social Templates

To help you raise awareness and smash your fundraising goal!

### Sponsor me - email template

**Subject:** Help me make a difference for kids with MD!

Hey <friend's name>

I'm taking on the Sugar Free September challenge, which means no sugar for 30 days. It's not going to be easy, but it will be worth it!

Going #SugarFreeForMD won't just be good for my health and wellbeing, it's for a great cause. I'm raising vital funds for kids and adults living with the daily challenges of muscle wasting conditions like Muscular Dystrophy.

Any donation you can give will be much appreciated, even if it's what you'd save on a coffee or your commute. If you can't donate now, that's ok, but please help me spread the word and raise awareness for MD which is just as important.

You can make a donation here: <please paste your fundraising page URL here>

Thanks in advance for your support!

Cheers

<your name>

P.S. Want to join me for the challenge? [Sign up here!](#) Or just give me a shout out on socials to help spread the word.



## Social post templates - Instagram or Facebook

### Tips

- **Make it personal:** tell people why you're participating, what sweet treats will be hard for you to give up, and why they should support you. Include a photo of you with your fav sweet treat.
- **Use emojis:** everything is more fun (and eye catching!) with pictures
- **Link to your fundraising page:** so you don't miss out on donations. If you're posting on Instagram include your challenge link in your bio
- **Tag us!:** if you tag @SugarFreeForMD on Instagram we'll try to repost your content on our stories!

### Sweet opportunities

I am going Sugar Free this September to raise money and give SWEET opportunities to kids and adults living with progressive muscle wasting conditions like Muscular Dystrophy. Please support my efforts by making a donation and giving me a shout out on social media. Thanks for helping me to spread the word and smash my goal for MD! @SugarFreeForMD

#SugarFreeForMD #SugarFreeSeptember #SFS22 #MuscularDystrophyNSW #MDNSW

<link to your fundraising page URL>

### Living with MD

Going Sugar Free for 30 days is a challenge, but living with Muscular Dystrophy is much harder! Help me raise funds and awareness for kids and adults living with the devastating impacts of muscular dystrophy by making a donation to my page and giving me a shout out on your socials. Thanks for your help! SugarFreeForMD #SugarFreeForMD

#SugarFreeSeptember #SFS22 #MuscularDystrophyNSW #MDNSW

<link to your fundraising page URL>

### Sugar rush

Did you know the average Aussie eats the equivalent of 3 chocolate bars of sugar every day? I'm getting my health into gear by taking on the Sugar Free September challenge, and raising funds and awareness for kids and adults living with the devastating impacts of Muscular Dystrophy. You can help me empower the MD community, and stick to my #sugarfree challenge, by making a donation at my page. @SugarFreeForMD #SugarFreeForMD

#SugarFreeSeptember #SFS22 #MuscularDystrophyNSW #MDNSW

<link to your fundraising page URL>

### No sugar

I have signed up for #sugarfreeseptember to support people living with Muscular Dystrophy. This means NO SUGAR FOR A MONTH! I got this...If you'd like to show your support by either making a donation to help kids with MD (the link is in my bio) or simply by sharing my post and/or link I'd be super appreciative - or even sign up yourself!! @SugarFreeForMD

#SugarFreeForMD #SugarFreeSeptember #SFS22 #MuscularDystrophyNSW #MDNSW <link to your fundraising page URL>

### Short and sweet

For the month of September I am going sugar free! Yay!! It is for a great reason! I am raising funds for children with Muscular Dystrophy. LINK IN BIO for more information and to support me with a donation. @SugarFreeForMD #SugarFreeForMD #SugarFreeSeptember #SFS22 #MuscularDystrophyNSW #MDNSW <link to your fundraising page URL>

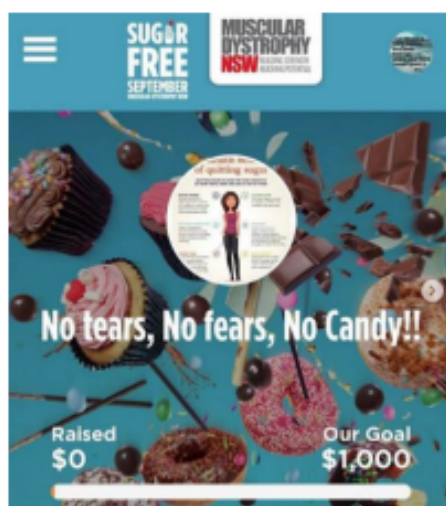
## Photos & Artwork - for social

Download these images for your socials from our **resources** page on our website





## Examples from our #SugarFreeForMD community!



**chrisfarthingmt** I have just registered to start a team to join me in Going NO SUGAR!!! SEPTEMBER!!!  
 @sugarfreeformd  
 Everyone is welcome to join me ❤️  
 📌 Link is on my profile 📌  
 For me it's more about learning about the human body and setting a challenge and achieving it.  
 Plus we also can raise some awareness that might just help save some kids lives 🙏  
 5 days to make your choice to join me

<https://www.sugarfreeseptember.org.au/fundraiser/notearsnofearsnocandy>



**nyaleejayne** So to make my 12 week challenge that little bit more interesting, I have signed up for #sugarfreeseptember to support people living with Muscular Dystrophy. This means NO SUGAR FOR A MONTH! I got this...

•  
 If you'd like to show your support by either making a donation (the link is in my bio) or simply by sharing my post and/or link I'd be super appreciative - or even sign up yourself!



**get\_healthywithsandi\_dee** I'm so excited, Zan, from Sugar Free For M.D. has asked if I could be a Community Ambassador for the September Challenge.  
 OF COURSE I WILL! It's such a great cause and I love/hate the sugar free challenge 🤩 I'm such a sugar fiend. 🍬 I need all the motivation I can to stay away from the stuff.



**mellyarndelly** 🍷🍷 SUGAR FREE FOR MD 🍷🍷

I'm taking part in Sugar Free September to raise money for those affected by Muscular Dystrophy. It is so easy to forget how lucky we are to be healthy... which is why I'm asking you all to stop and appreciate how blessed you are! Sure giving up sugar will be difficult, but sometimes a small act can make a big difference.  
 If you would like to help support my fundraising for MD, the link is in my bio.  
 Thanks so much for your support! (PS: good luck to my family dealing with the sugar withdrawal mood swings 🤔)