



Move 4 Mission ideas

- **Hiking:** Individuals or groups can participate in a long-distance hike or a series of hikes, seeking sponsors to pledge donations for every mile hiked.
- **Knit-a-Thon:** The individual or group commits to knitting a certain number of items within a specified time frame, raising funds through pledges for each piece completed.
- **Rocking Chair Marathon:** Participants rock in a rocking chair for a set duration, seeking donations for every hour they keep rocking.
- **Craft Sale:** Use knitting, crocheting or other craft skills to create items such as scarves, hats, or blankets, and then sell them to raise funds.
- **Knitting Workshops:** Offer to teach knitting workshops, charging a suggested entry fee that goes towards the fundraising goal.
- **24-Hour Solo Relay:** For the hiking enthusiast, do a 24-hour solo relay on a local trail, with sponsors donating per lap or mile completed.
- **Virtual Craft Fair:** Organize a virtual craft fair where knitted items and other crafts are sold online, with proceeds going to Move 4 Mission.
- **Rock-a-thon:** Similar to a rocking chair marathon but with a communal aspect, where multiple participants join virtually or in person, rocking in chairs to raise money.
- **Custom Knit Requests:** Offer to knit custom items for donors who contribute a suggested amount to the fundraiser.
- **Knit for a Cause:** Create knitted items specifically for donation to a charity, raising awareness and funds through the process.
- **Guided Hike Tour:** Offer guided hikes for donations, sharing knowledge of local flora, fauna, and trail history.



Move 4 Mission ideas

- **Walk/Run:** Organize a walkathon or marathon where participants are sponsored for each mile or lap they complete. Make it fun!
- **Bike-a-thon:** Similar to a walk/run, but with bicycles. Participants can be sponsored for each mile they cycle.
- **Dance Marathon:** Host a dance marathon where participants raise funds by dancing for as long as they can. Offer prizes for the longest dance time and/or best dance moves.
- **Virtual or in-person Fitness Classes:** Offer fitness classes such as aerobics, Zumba, or Pilates for a donation.
- **Healthy Bake Sale:** Host a bake sale featuring healthy treats. This ties into the fitness theme and offers a fundraising opportunity.
- **Wellness Workshops:** Offer workshops on topics such as nutrition, mental health, and physical wellness. Charge a suggested fee to attend, with proceeds going toward the mission.