

12 Hour PT Charity Challenge 2014

General details:

- **When:** Saturday 10 May 2014
- **Time:** 6am-6pm (12 hours)
- **Location:** Penrith LGA. Start and finish at Origin Fitness (7/14-18 Preston St, Penrith 2750)
- **Cost:** \$220 (registration plus FREE – water bottle, 8 week training programme, attendance at 12 Hour Group Sessions on Saturdays commencing 15 March.)
- **This is an all-day event** – we start together and finish together (exception for NICU staff only)

Sponsorship and donations:

- **Participants:** One you register via Eventarc you get a fundraising webpage which you can share via social media to help you complete this challenge and raise more money
- **Donations:** people are welcome to make a donation regardless of their involvement. Please make a direct deposit to NNICUPS:

Bank: Commonwealth Bank of Australia
Account Name: NNICUPS
BSB : 062 601
Account Number : 1002 0281

Please add your “**12 Hour + surname**” in the “Transaction Description” field then forward an email to nnicups@hotmail.com for a Tax Invoice if required.

What the day entails:

- We will meet at **5:30am** at Origin Fitness to check you off and divide you into groups
- The entire day is planned carefully and safely to ensure all participants are given adequate breaks and refreshments
- Activities include bushwalks, challenges, circuits, team games, weight training, walking and much more
- **Fitness level required:** At a minimum, people must have walked and done some light resistance training for 6 weeks before the event to participate in the easy/beginner group. Attendance at the Saturday groups will be helpful for participants and trainers to become familiar with each other as well as for the participants to do some of the training we will be doing during the event.

T:0410 630 669

E: info@originfitness.com.au

www.originfitness.com.au www.facebook.com/originfitness

Twitter **@OriginFitness**



- **Origin Fitness** will provide an 8 week programme guide to prepare for the event
- There will be 2-3 groups for activity level (Hardcore/moderate/beginners)
- People with injuries can still participate or make a donation/sponsor someone else
- Money raised will go directly to purchasing equipment for the NICU
- No children under 16
- Bring own bag with food and water, spare socks and shirt, sunscreen, hat and sunglasses, your phone to capture some great pics and post on Facebook throughout the day. Some extra food and water will be available as well as dinner at the end. You will be provided with a **tip sheet** closer to the event
- Participants must register via <https://register.eventarc.com/21735/12-hour-pt-challenge-for-nnicups>

Why do it?

- If you thought 'I can't do that' then this is the perfect thing for you to do!
- Learn about your physical and emotional limits
- Find out more about yourself and what you actually CAN do!
- If you find it hard to commit to exercising a few times a week, challenge yourself to the 12 Hour and the rest will be easy
- Every dollar you raise goes directly into the NICU to help babies survive. Help the babies so they can grow into toddlers, teenagers and adults.
- Support the parents in the NICU by going through an 'impossible' journey for 1 day, whilst they do the same for weeks and sometimes months
- Have fun!

Tips:

- Get a group together! Why don't you do this challenge with a group of friends or colleagues or family? A great idea for mother's groups and workplaces.
- Post on FB or Twitter about the 12 Hour Challenge and remind people of why it is so important that you are doing this event (use #12hourptchallenge)
- As part of registering you get a fundraising page to write, share with your friends and keep tally of how much money you can contribute to NNICUPS

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