



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 whole 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 willpower, it's for great cause. I'm raising much needed 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, that's ok, please help spread the word and raise awareness for MD which is just as important.

You can make a donation here: <<Please paste your challenge page url here>>

Thanks in advance for your support!

Cheers

<<your name>>

P.S. Please give me a shout out on social media to encourage others to donate and help me through Sugar Free September!



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 your challenge 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 repost your content on our stories!

Sweet opportunities

I am going Sugar Free this September to raise money and give SWEET opportunities to kids 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 #SugarFreeFreeSeptember #MuscularDystrophyNSW #MDNSW <<Link to your challenge 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 #SugarFreeFreeSeptember #MuscularDystrophyNSW #MDNSW <<Link to your challenge 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, but making a donation at my page. @SugarFreeForMD #SugarFreeForMD #SugarFreeFreeSeptember #MuscularDystrophyNSW #MDNSW <<Link to your challenge 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 #SugarFreeFreeSeptember #MuscularDystrophyNSW #MDNSW <<Link to your challenge page url>>

Short and sweet

For the month of September I am going sugar free! Yep SUGAR FREE! It is for a really great reason! I am raising funds for children with Muscular Dystrophy. LINK IN BIO for more information. @SugarFreeForMD #SugarFreeForMD #SugarFreeFreeSeptember #MuscularDystrophyNSW #MDNSW <<Link to your challenge page url>>

Photos & Artwork – for social

Copy & save/paste the below to use for your social posts. Email us for higher resolution images.



Thank you for sponsoring me – email template

Hi <<sponsor name>>

A sincere thank you for your support, every little bit helps! Going sugar free for 30 days is a challenge but living with Muscular Dystrophy is much harder.

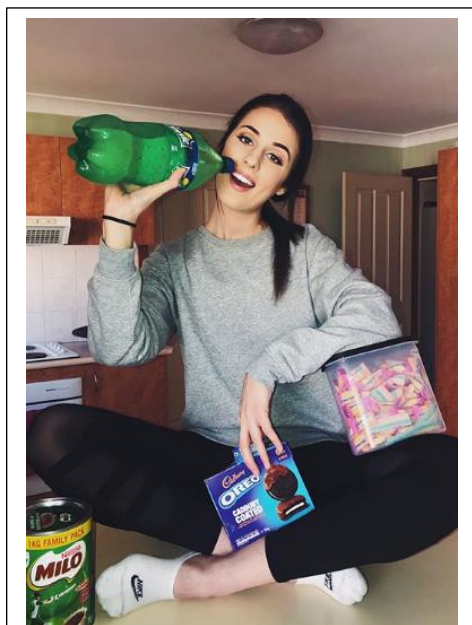
I'm excited to say that so far I've raised <<amount>> to give SWEET opportunities to kids living with the challenges of degenerative muscle-wasting conditions. Just knowing that I have wonderful people around to support me during my sugar free journey has helped me stay strong!

Thank you for supporting me.

Best wishes,

<<your name>>

Examples from our Community Ambassadors

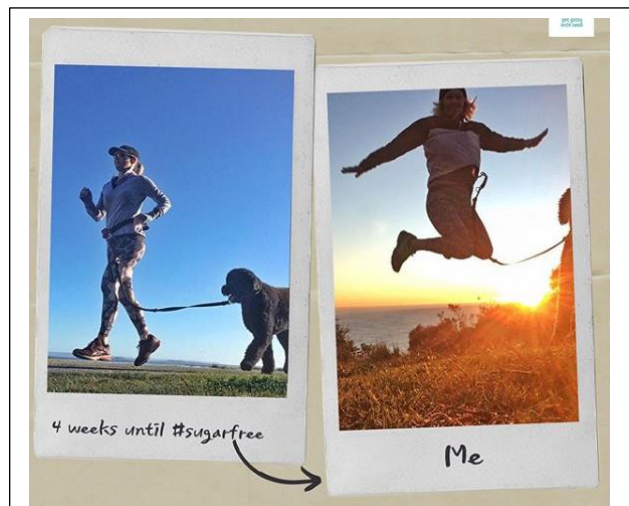


mellyarndelly 🍷🍷 SUGAR FREE FOR MD 🍷🍷

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 😊🍷)



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.