

FUN is...

embracing your active side

After all those food ideas, we know you need to consider activities designed to keep you all trim and fit!

Work in a lunchtime walk in your local park or industrial park (we aren't picky), or organize a cycling trip with colleagues at the end of the day or week.

Coordinate a Wii Tournament at your workplace, or a ping-pong in-house challenge. Do you have great hockey/baseball/basketball talents hidden in the ranks? Why not organize a game between colleagues at your workplace to witness those talents in action!

Theme days are always popular – consider an *Amazing Race* or *Survivor*-type challenge for the very fit that roam among you. For those not-as-superfit go bowling or set up a mini-putt golf course in your bosses' office. You can even cater to those who prefer mental to physical activity by setting up a chess or board game tournament.

For those harbouring dreams of becoming a great entertainer, consider a **comedy night** or **Canadian Idol night** to showcase these particular talents. Invite a local celebrity to MC your event, and ensure you contact media to cover your show. Make sure to call on clients and customers to broaden your prospective talent pool!

Get your family in on the fun by organizing a family picnic day and/or make a donation to bring your kids to work for the day. It's a great opportunity to raise funds while possibly helping to shape your children's future aspirations.



A single dream. A world of hope.
The Terry Fox Foundation



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“Even though I’m not running anymore, we still have to try to find a cure for cancer.”

– TERRY FOX, SEPTEMBER 2, 1980

dream... hope...

“Even if I don’t finish, we need others to continue.

It’s got to keep going without me.” – TERRY FOX, JULY 10, 1980



FUN is...

swapping looks to raise funds

Clear Your Head: Host a Great Canadian Head Shave Lose those locks, mow your mustache, beard be gone!

This year go for a clean new look while raising much-needed funds for cancer research. Challenge a colleague who has sported a mullet for far too long, or whose beard needs more than a little TLC - it's your civic duty. See who can raise more funds around the workplace and have the shave take place in-house to pique even more interest for your workplace event!

Or, how about challenging those well-groomed folks among us (you know who you are) to let loose: grow that mustache or beard, or try for a rasta look - and keep the pledges rolling in as the hair grows out! This activity can serve as a pre-cursor for the great shave-off event: let it grow, take it off!

Make it a Terry Fox Day Sell and wear Terry Fox shirts, wear "We support Terry Fox" buttons, or wear sneakers to work for a donation to cancer research.

Hair of Many Colours or Rainbow Head All we can add is consider TEMPORARY colour treatments, and read all labels before use!

Peel It Off For Terry Admittedly not for the squeamish, but a great way to get an all-over smooth look for summer.

Dress-Up/Dress-Down A new and improved variety of casual Fridays - why not make it a theme day and ratchet up the fun? Everyone has that spontaneous, ill thought out vacation purchase: the Hawaiian shirt. Or troll through your closet to locate your very special '80's sequined shirt/blouse, the one that catches EVERY light. Find your fabulous fedora or don your fanciest footwear - why wait for the weekend to look this great. You have style - show it off for Terry!

Or host a Just wear a Dress Already contest. To out the worst kept secret ever - we all know men have great legs - let's see whose look best in a dress! You can raise pledges to get your chosen colleague to compete in this wacky contest.

Public Service Announcement
Just keep the Speedo swimwear at home.
Don't do the Speedo contest. Please.



FUN is...

making an offer they can't resist

Silent or Internal Online Terry Fox Auctions can be a lucrative business. Ask everyone at your workplace to contribute an item to your Terry Fox auction, and showcase these items online. Don't forget to set a deadline for bids.

What about the tried and true raffle? Raffle the opportunity to go golfing instead of making that meeting, with your manager's blessing of course! Or how about raffling the chance to be boss for the day; or make it a prime parking spot that's yours all month.

Other items that are highly valued may include corporate seasons tickets to hockey/basketball/baseball events, and offer an executives' luncheon to provide learning and networking opportunities.

Terry Fox auctions have uncovered and showcased fabulous gifts by amateur artists who have donated beautiful works of art including canvases and furniture items. Consider sending a request to your clients and customers for donation items. Last year one of the most creative (and life-affirming), items donated to a Terry Fox auction event was a defibrillator - which was then purchased at a great price by a medical office (to enhance their existing equipment of course!). You never know what great items you will receive until you ask!

FUN is...

fantastic fare

Fuel cancer research by fueling your bodies!

Plan an office or workplace breakfast, lunch or BBO You can ask a local food market to donate burgers, buns and condiments and request a donation for research to join the feast. Supplement with a homemade goodies bake sale and watch your donation totals increase!

Stumped for ideas for a creative Wednesday dinner? How about collecting everyone's favourite recipe and creating an **office cook book** - anyone who makes a donation gets a copy and great meal ideas.

Anyone connected to a chef? If so, ask them to donate a few hours of their time to give a **culinary lesson** to your colleagues. People can make a donation and learn how to prepare some delicious dishes!

For those preferring to be served, seek donations of **gift certificates** from local restaurants. You can raffle or auction these certificates as part of your fundraising effort.

If you own or work at a restaurant, consider our *Tips for Terry* initiative, a great opportunity for everyone to support the cause by donating one day's tips to your totals.

Test the mettle of your adventurous colleagues by challenging them to a **Fear Factor contest**. In the past, brave souls have sampled delicacies including eel, sashimi, blood pudding, escargot, and wasabi to raise funds for cancer research. Ask for a donation from those wanting to witness this dubious taste test.

