

4 ways



to turn your Halloween into a Virtual Race

Join the Big Feats for SHAPE America Virtual Race to raise funds for health, physical education and physical activity in high-need schools.



Zombie Run

Recruit teachers and/or your friends to dress up as zombies. Make a plan to run on a track or walk together as a zombie group in the neighborhood.

Keep it fun and prepare for memorable photos.

#1



Pet Costume Parade

Make a creative costume and take Fluffy out for a spin.

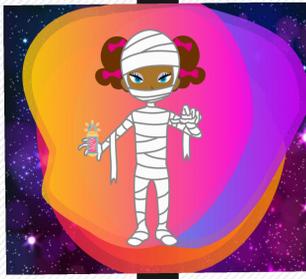
Pledge to go a set distance while raising money for SHAPE America Impact Schools.

#2

Neon Prowl

Adding a touch of neon (glow sticks and flashing buttons or shirts) is a great way to stay safe while going around the neighborhood.

Your colorful flair can also help raise funds for schools in need.



#3



#4

Superhero Stroll

Encourage your friends, students and fellow parents to dress up like their favorite superheroes!

Pledge to walk as a group for the Big Feats Virtual Race.

Forgo the expensive costume and put those funds toward a school donation instead.



Join the MOVEment!

Fostering active environments and lessening health disparities and inequities for all children is a Big Feat — but it can be done with your help.

donate.shapeamerica.org/bigfeats

