

Workout for St. Jude™

What is Workout for St. Jude?

Workout for St. Jude™ is a volunteer-based fun exercise event that raises money for St. Jude Children's Research Hospital.® The program is very flexible and is based around exercise events in which students, members and staff participate. Many successful events have combined Workout for St. Jude with regular workout sessions or specific classes.

How does it work?

Workout for St. Jude coordinators recruit participants and provide them with fundraising materials. Participants contact family and friends to gather donations for event participation. Donors can pledge a flat donation for the participant or groups can choose to conduct their events by obtaining pledges based on pounds lifted, bike miles ridden, minutes walked, circuit training or other exercises as selected by the coordinator.



Why should you do it?

- Provide help for St. Jude patients battling cancer and other deadly childhood diseases.
- Provide a meaningful event to bring your academy and community together.
- Earn great prizes. Visit stjude.org/workout for a complete list.
- Resources ensure you have a successful event.
- A dedicated Coordinator Support Line (1-800-567-0636) available Monday–Friday, 7 a.m.-6 p.m. (CT) for program information, questions and resources.

St. Jude patient Ian, at age 6, medulloblastoma

Get involved today.

**Call 1-800-567-0636 or
visit stjude.org/workout**



**St. Jude Children's
Research Hospital**
ALSAC • Danny Thomas, Founder
Finding cures. Saving children.



St. Jude patient Ian with his mom Quimverly

Who do you help?

Ian was always a happy, playful child. But then he started to stumble when he walked. When this continued, his mom took him to the doctor, where tests revealed Ian suffered from a rare brain tumor called medulloblastoma. His family turned to St. Jude Children's Research Hospital, where Ian's treatment included surgery, radiation therapy and chemotherapy. "St. Jude accepts children from all over the world," said Ian's mom. "We haven't paid a penny, but we still receive the best treatment anyone could give us." Ian is now finished with treatment. He's back home with his family, as playful as ever.

About St. Jude

- Families never receive a bill from St. Jude for treatment, travel, housing, or food – because all a family should worry about is helping their child live.
- St. Jude is working to drive the overall survival rate for childhood cancer to 90 percent in the next decade. We won't stop until no child dies from cancer.
- St. Jude freely shares the breakthroughs it makes, and every child saved at St. Jude means doctors and scientists worldwide can use that knowledge to save thousands more children.

