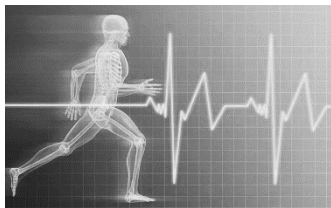


## Step 1: Tell your story



### #WhatMovesYou to be healthy?

As a **#Belin10** Champion of a healthy mind and body, this is the question we're asking you to explore. While we are focusing on the mind-body connection, we also recognize that **#WhatMovesYou** can mean many things.

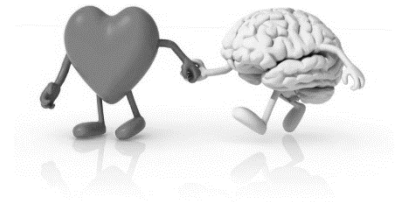


#### **Physically – What (literally) moves you?**

How does running reduce your stress? Does martial arts enhance your ability to focus? Do you dance because it's therapeutic? Do you play sports to feel part of a team? Have you started a new routine with coworkers that has improved your health?

#### **Mentally – What (emotionally) moves you?**

Does reading help you decompress? Does a Friday night out with friends help you cheer you up after a long work week? How does music or art make you healthier? What gets you out of bed each morning? What do you look forward to at the end of the day?



#### **Spiritually – What (motivationally) moves you?**

Are you inspired to act when others set a positive example? Are you motivated to stand up against bullying? Does spirituality help you maintain an inner balance in your life? Do you meditate to relax? Are you a role model to anyone in your life?

We each have our own path to wellness. You could inspire others to explore that path, or start their own. Your story will also be the core of your fundraising campaign. Keep reading on how to include your story in your fundraising campaign and share it with others.