

CREATE A COMPANY TEAM!

Employees from companies of all sizes can make a difference in the fight against eating disorders by participating in their local NEDA Walk.

By forming a NEDA Walk team, your company will:

- Promote leadership, teamwork, and volunteerism
- Enhance employee morale by creating a positive culture
- Support employees who have been personally affected
- Become an advocate for prevention, cures and care

Follow these easy steps to get started:

1. Visit www.nedawalk.org and select your local walk city. From there, select “register,” “register as a team captain,” and then proceed through the prompted steps to complete the registration.
2. Once you complete the registration, you will be brought to your team page. **Set your fundraising goal** and customize your team page.
3. Recruit your coworkers to sign up for the walk team by sending out the link to your team page.
4. Coach your team members toward your team fundraising goal by providing encouragement and fundraising tips!



Matching Gifts

If your company has a charitable matching gifts program, make sure each team member fills out the appropriate paperwork to get their contributions matched!

Questions about matching gifts?
Contact walks@myneda.org.

More Tips for Corporate Teams!

- Encourage each team member to set a personal fundraising goal that will help you achieve your total team goal. Raising \$100 can be as easy as asking four friends for a \$25 donation!
- Host a friendly fundraising competition between departments or individual coworkers – offer a special prize to the person or department that raises the most money.
- Once a week, encourage coworkers to bring their coffee or lunch from home and then donate the money they would have normally spent towards your team goal.
- Show off your team spirit! Design matching team t-shirts or hats that will make your company stand out.
- Plan a post-walk party with your teammates to celebrate making a difference in your community!