



NEDA Walk Participant Toolkit

Fundraising tips, FAQs, and everything else you need to know about becoming a NEDA Walk Warrior



WELCOME!

A message from our National Walks Manager...

Hi! The National Eating Disorders Association (NEDA) is thrilled to welcome you to our nationwide NEDA Walk family!

NEDA Walks are inspirational, community-building events that create a safe, inclusive environment for everyone affected by eating disorders and for those looking learn more about NEDA. We hope this NEDA Walk brings your family, friends, and loved ones together to show that we can make all the difference in the fight against eating disorders.

As a NEDA Walker, you have the special opportunity to not only raise awareness, but also to raise vital funds that will make a difference in the lives of the millions affected by eating disorders. The funds you raise will support NEDA's lifesaving programs, resources and support networks.

The following **NEDA Walk Participant Toolkit** contains everything you need to know about participating in a NEDA Walk, like how to become a top fundraiser and what to expect on the big day!

Don't forget – NEDA is here to support you through your fundraising journey. If you have any questions, do not hesitate to contact us. **We can't wait to see you at your local NEDA Walk as we as we support and honor the lives affected by eating disorders.**

With gratitude,

Jessica Hickman
National Walks Manager



HOPE STARTS HERE



Let's get started!

I registered to walk...now what?

1. Personalize your fundraising page with a photo and story

Your personal fundraising page is your place to shine! Use this space to share your story, why this walk is so important to you, and how reaching your fundraising goal will help the millions of individuals and families affected by eating disorders. To edit your personal page, log in to your participant center by visiting nedawalk.org, selecting your walk city, and clicking the orange "Participant Center" button.

2. Set a personal fundraising goal of at least \$150

Fundraising is a vital part of NEDA Walks! The funds you raise fuel NEDA's lifesaving programs and resources –like our Helpline, Online Screening Tool, research grants, advocacy efforts, and more. Did you know that when you raise \$150, we can answer 1.5 hours of support-seeking calls to our Helpline? That is just one way that YOU make a difference.

3. Kick-start your personal fundraising by making a self-donation

"The most powerful leadership tool you have is your own personal example." Whether you can contribute \$5 or \$500, show yourself some love by making a donation your personal fundraising page. Your friends and family will excitedly follow suit with a donation when they see your personal investment toward your fundraising goal. *Plus, when you make a self-donation, you'll get to sport this badge on your page to recognize your commitment to fighting eating disorders!*



4. Ask others to support you through a donation

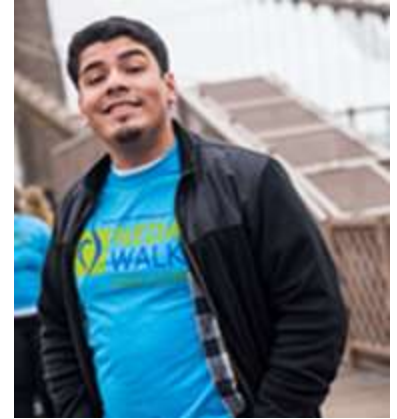
Ask your family and friends to donate to your fundraising goal. If you can't ask face-to-face, you can make a phone call or send an email. There are so many ways to ask for a donation –the important thing is just to ask! Always remember to say "thank you" to your donors, and to follow up with those who said they'll donate but maybe forgot to do so. 😊 Check out the next page of this packet for more fundraising tips!

5. Share on social media

Share your fundraising page link on Facebook, Twitter, Instagram, and any of your other social networks! Social media is an easy way to share your participation and ask your friends and followers to donate.

6. Get excited for a day of hope and inspiration!

NEDA Walks are all about raising awareness, building a community of support, and celebrating our strength. Prepare to feel uplifted and inspired!



Fundraising 101

You have the power to save lives.

Every dollar you raise has a real impact. You have the power to change the future of eating disorders by following these fundraising tips!

BRING IN YOUR INNER CIRCLE

The best people to ask to support your fundraising efforts are those closest to you! Start by asking for donations from family, friends, coworkers, classmates, neighbors, etc. Your network will love to support a cause they know is so important to you. Plus, all gifts are tax-deductible!

ASK FACE-TO-FACE

The most effective way to rally support is to make donation requests in person! Not only is it more personal, but it's harder to say "no" to someone in person.

SHARE ON SOCIAL MEDIA

Post your fundraising page link on Facebook, Instagram, Twitter, etc. No matter what platform, social media is an effective way to tell people what you're doing and how they can support you. Share your fundraising link and progress often –you never know who might click and give!



EMAIL BLAST

Are you unable to meet all of your potential donors face-to-face? No problem! You can use email to contact out-of-town family and friends, businesses, and larger groups. Make your donation requests personal by sharing why you are passionate about the cause. Include a hyperlink to your personal fundraising page so people can easily click to donate!

GET CREATIVE

Organize a "dine & donate" or "shop for a cause" event with a local business. Ask your workplace about matching gifts. Host bake sale or yoga class, sell bracelets, or get creative with your own idea –the possibilities are endless! ☺

Raise money, get cool prizes!

Fundraising has its perks! You can now earn cool, exclusive NEDA gear (like a NEDA hoodie or backpack) just by raising funds for NEDA Walks. This is just our way of saying **thank you!**

Learn more: nedawalk.org/walker-tools



Sample E-mail

Copy & Paste Fundraising

Take the first step toward top fundraiser status! Use the message below to ask for support from your family and friends, and always follow up to be sure they received your request. This is an easy way to gather support and become a top fundraiser!

Dear Family and Friends,

I am walking and fundraising to support the National Eating Disorders Association. The funds I raise will support individuals and families affected by eating disorders – life-threatening illnesses that affect millions of people. Will you support me in the fight against eating disorders?

By supporting me, not only are you contributing to lifesaving resources, such as the National Eating Disorders Helpline, but you are also helping to fund evidence-based prevention programs and research grants for innovative treatments.

*As you may already know, I'm walking **[write personal reason for walking here]**. Please consider donating to support me today. You can make your tax-deductible donation online using this link to my **personal page [log in to your Participant Center to find the link to your personal page]** and clicking "Donate Now" or, if you would prefer, you can send your contribution to the address listed below.*

*National Eating Disorders Association
1500 Broadway, Suite 1101
New York, NY 10036*

Everybody knows somebody who's been affected by an eating disorder, but because of NEDA, there is hope for prevention, cures and improved access to quality care. Every dollar makes a difference in the fight against eating disorders!

*Sincerely,
[Your Name Here]*

*P.S. For information about the NEDA Walk and other NEDA programs, you can visit:
www.nationaleatingdisorders.org*

DONATION FORM

Please use this form to submit all donations collected offline. Fill out all requested information to guarantee the donation is allocated to the correct NEDA Walk participant's fundraising goal and to ensure appropriate donor acknowledgment. Forms and donations can be mailed to the NEDA office or submitted at the walk.

Walker's name you are contributing to: _____

Walk City and State: _____

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DONOR FIRST NAME

DONOR LAST NAME

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|--|--|
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|--|--|

DONOR MAILING ADDRESS

APT/SUITE #

| | | | |
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| | | | |
|--|--|--|--|

CITY

STATE

ZIP CODE

PHONE # WITH AREA CODE

| |
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|--|

E-MAIL ADDRESS (please write legibly)

Donation Amount:

\$ _____

PAYMENT TYPE:

- Check #** _____
- Cash**
- Credit Card/Square Reader** (Last 4 digits of card) _____

Credit Card (IF SQUARE READER IS UNAVAILABLE)

Credit Card Holder Name: _____

Credit Card Number: _____

EXP Date: _____ **CVV:** _____ **Billing Zip code:** _____

Authorized Signature: _____

THANK YOU FOR YOUR CONTRIBUTION!

Please make checks payable to **“NEDA”**
 or **“National Eating Disorders Association.”**

Submit this form and your donation at the registration table on the day of your local NEDA Walk or mail this form and your donation to:

National Eating Disorders Association
1500 Broadway, Suite 1101
New York, NY 10036

The Big Day!

What to expect at the NEDA Walk

CHECK-IN & REGISTRATION

T-SHIRT PICKUP



Signed up online? Go to the check-in table, give your name, and hand in any donations you collected offline.

Need to register? Visit the registration table to complete the participant registration form and submit it to a volunteer.

CLOSING CEREMONY

Pick up your t-shirt, visit our refreshment tables, and check out all of the resources, activities, and sponsors!

Write a card to someone in treatment, try out body positive yoga, get a NEDA tattoo, and visit our advocacy station.

OPENING CEREMONY

Featuring inspirational guest speakers!

THE WALK

We walk together to raise awareness and to symbolize unity in the fight against eating disorders! The walk is less than 2 miles in length, non-competitive, and totally optional!



Frequently Asked Questions

Fundraising FAQs

Why is fundraising so important?

Your fundraising efforts enable NEDA to grow and provide our programs like our Helpline, Online Screening Tool, regional NEDA Conferences, legislative advocacy efforts, research grants, and more. The funds you raise bring us closer to our goal of making eating disorders services available to people of all genders, ages, races, ethnicities, and socioeconomic backgrounds in every zip code in the U.S.

Where does the money go?

Seventy-eight cents of every dollar raised directly supports NEDA's lifesaving programs, resources, and support networks that reach millions of individuals and families every year. Please visit nationaleatingdisorders.org to learn more about our full offerings of programs and resources.

Is there a minimum amount I must fundraise in order to walk?

Our suggested minimum amount is \$150. You can set your own fundraising goal, too! Fundraising is optional but strongly encouraged.

I heard that I can earn cool NEDA gear by fundraising, how does that work?

Yes, when you personally fundraise \$150 or more for your local NEDA Walk you become eligible to receive one of our exclusive NEDA recognition items. We have different rewards to match different fundraising milestones. You will receive instructions on how to select your item and have it shipped directly to you 1-month after the walk event date. To learn how to earn a NEDA hoodies or other special gear, visit nedawalk.org/walker-tools or email walks@nationaleatingdisorders.org.

Registration FAQs

Is there a registration fee for participating in a NEDA Walk?

No, most NEDA Walks do not have registration fees. A self-donation is encouraged in order to jump-start your personal fundraising efforts. NEDA Walks that take place at zoos or similar venues may have a registration fee in order to cover zoo entry. A separate personal donation to NEDA is also encouraged and greatly appreciated!

Can I register multiple people?

No, all individuals will need to register themselves with their own unique email addresses in order to personally agree to our participant waiver. Children under 5 do not need to register.

How do I register my child without an e-mail address?

You may use your own email address to register your child, but you will need to create a separate username if you are also registering as a walker. Children under 5 do not need to register to walk.

Frequently Asked Questions

Donation FAQs

Can I donate money to a specific person or team?

Yes! We encourage our participants to let all of their family and friends support them or their team for the NEDA Walk. After clicking on the Donate tab, choose “donate to a walker” or “donate to a team.” You will then choose either search for a participant or team to specifically donate to. If the participant is part of a team, the donation will be added to the team total as well as the participant.

I received cash/check donations from family and friends. How do I send these donations to NEDA?

For all offline donations, please mail the donation in with a completed offline donation form ([click here to download](#)) OR bring it with you to hand in at the walk during check-in. Please remember to send in one offline donation form per donor whose donation you send in. Providing a form for each donor allows NEDA to credit your fundraising goal and to personally thank your generous donors!

My credit card isn't going through – can you help?

Please double check your card information and your billing address. If you need further assistance, call the National Walks Associate at 212-575-6200 and we can help to identify the issue. Please note we cannot process donations from outside of the U.S.

Event FAQs

Can I volunteer at the walk?

Contact your local walk coordinator to inquire about volunteer opportunities. The walk coordinator's email address is posted on your local NEDA Walk's website.

When do I get my t-shirt/Does everyone get a t-shirt?

T-shirts will be available for pickup at the walk once you check-in or register and we do our best to provide shirts for all walkers. However, t-shirts are offered on a first-come, first-serve basis and we cannot guarantee t-shirt size availability as t-shirts are ordered 3-weeks before the event day.

How long is the actual walk and do I have to walk?

NEDA Walks are non-competitive walks that are 1-2 miles in length, depending on the city and venue. Please contact your local walk coordinator to find out the distance of the event. The walking portion is totally optional and we encourage you to participate in a capacity that best meets your personal needs.

For answers to more FAQs, please visit <https://nedawalk.org/faq>