

A national peer-to-peer fundraising event, June 18-25, 2023.



## Stuck on choosing a challenge? Breaking Barriers Challenge Ideas

### Wear:

- Wear your opposing sport team's jersey/colours
- Cut your hair/shave your head when you reach a certain donation amount

### Do:

- Conquer a fear of public speaking: plan to present a speech or entertain a crowd at an upcoming public event
- Set a new fitness goal: create or sign up for a run/walk/roll/cycle of a challenging distance, set a new PR in lifting, commit to X number of push ups/squats/KMs every day of the Breaking Barriers event week.
- Attempt a new skill. Tell your supporters that you plan to complete the project by event week. Examples: crochet, woodworking, painting, gardening, reading, blogging, baking, daily meditation
- *Don't* do an activity that's currently part of your everyday schedule such as no internet, no tv, no phones

### Eat:

- Eat something you've never tried or wouldn't dare to try (until today). Examples: dried crickets, seafood, a certain ethnic food
- Cut something out of your diet during event week: no sugar, no caffeine, no bread etc.

### Go:

- Conquer a fear of heights: visit the top of a look-out, the CN Tower or Calgary Tower, a high-ropes course, rock climbing, hike a mountain
- Bike to work for the week

**Still stuck?** Take our personality quiz to find which category suits your style. [HERE](#)

