

55 SQUAT CHALLENGE

55 squats. 31 days. 55 Australians diagnosed every day.

We challenge you to complete 55 squats every day for 31 days in March and raise money for breast cancer research.

How it works



Get your gym on board the **55 Squat Challenge** by registering as a team by scanning the QR code below or heading to <http://url.nbcf.org.au/55squats>



Kick off your fundraising with a self-donation to your fundraising page.

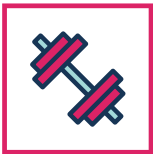


Level up from beginner to intermediate level by raising \$150 to receive a free NBCF resistance training band. Be one of the first 200 to raise \$500 to unlock the advanced level and receive a free NBCF singlet.



Get active during the month of March, raise funds for breast cancer research and share on social media with the hashtag **#55squats**

Ways your gym can fundraise



Ask your gym to hold a squat challenge there throughout the month. People will donate to take part and the person who completes 55 squats with the largest weight by the end of the month wins a prize.



Encourage your gym to run a squat inspired class, donate to take part, work out in pink, and have fun while raising money for breast cancer research.

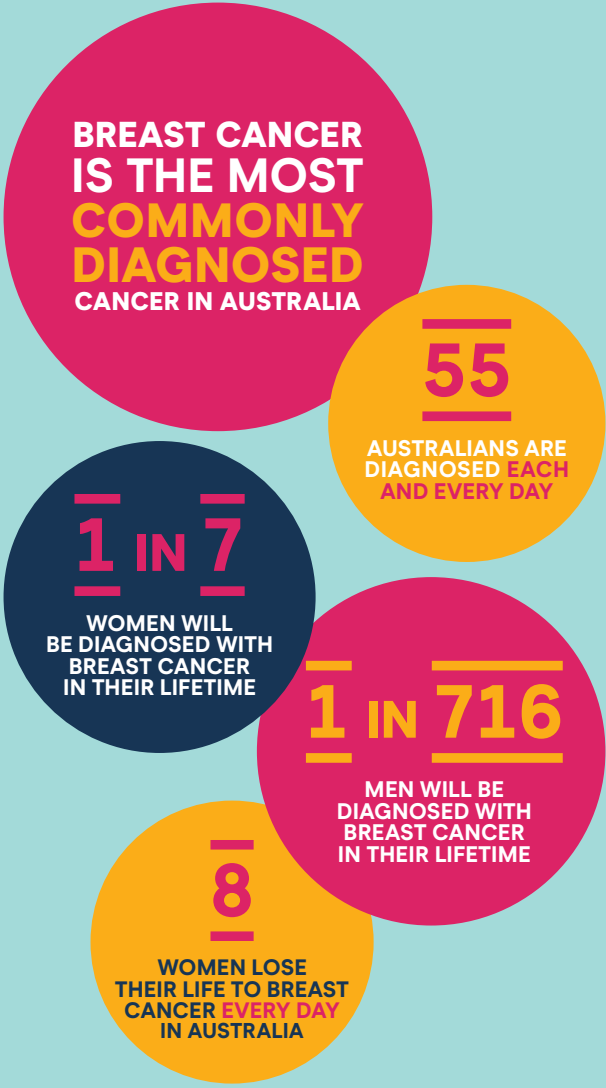


Ask an instructor at your gym to offer squat technique sessions for a small donation throughout the month.



Hold a 24-hour squat-a-thon. Encourage staff and gym members to take part and go live on social media, sharing your fundraising page to ask for donations.

Why we need your gym on board



The National Breast Cancer Foundation is Australia's leading national body funding game-changing breast cancer research with money raised entirely by the Australian public. Our mission is simple: stop deaths from breast cancer. How? By identifying, funding and championing world-class research – research that will help us detect tumours earlier, improve treatment outcomes, and ultimately – save lives.



“XTEND Barre studios around the country run yearly events to support the National Breast Cancer Foundation. Breast cancer has touched almost all of us in some way or another, and in March 2020 we lost one of our incredible instructors in WA to this devastating disease. No matter what age, demographic or background of our members, everyone teams together and gets involved to support this amazing cause so we can help make a difference.”

