



# Minnesota Lions Diabetes Foundation

*More than 38 million Americans have diabetes.  
More than 97 million Americans are pre-diabetic.*



**Walk, Run, Cycle, Swim, Ski, Skate, Curl...**

**Our STRIDES Diabetes Awareness Physical Activity Challenge is back in time for National Diabetes Month and the holiday stretch of gatherings and feasts of food and beverage!**

To draw attention to **National Diabetes Month** and the **benefits of physical activity** we are conducting our **STRIDES for Diabetes Awareness Physical Activity Challenge** beginning **November 1, 2024, and extending through January 1, 2025** – *to cover the holiday season that is usually filled with lots of hard-to-resist food and beverages.*

## **We are asking your club to:**

- **Participate** as a club team or as individual Lions.
- **Promote** our STRIDES for Diabetes Awareness Physical Activity Challenge within your community. *(This challenge is for everyone, not just Lions.)*
- **Please share this information with** your local radio, tv or newspaper outlets; place flyers in public areas; place information on your club and personal social media pages.
- **Consider** a club or individual sponsorship for this Challenge. Sponsorship levels: Gold: \$1,000; Silver: \$500; Bronze: \$250. *(Contact us for more information.)*

## **Physical Activity Challenge**

*Physical activity, and healthy food and beverage choices, are key to preventing diabetes and improving health.*

- Commit to a minimum of 15 miles of activity each month (2,000 steps = 1 mile)
- Choose your activities.
- Choose your activity days and times, locations (indoor / outdoor).
- Be active on your own.
- Be active with a team.

## **Challenge Registration and Donations**

- Our Challenge Link opens **November 1, 2024**, and remains open through **January 1, 2025**.
- The Challenge Registration / Donation link will be posted on [MNLionsDiabetes.org](https://MNLionsDiabetes.org) home page.
- Net proceeds benefit Minnesota Lions Diabetes Foundation, Inc.
- Minnesota Lions Diabetes Foundation supports programs and services related to diabetes, including research, education, and diabetes screening.

Lions support of Minnesota Lions Diabetes Foundation has helped provide grants for research that has led to a cure for diabetes in mice, leading to the next steps in research for a cure in humans and other critical research related to developing treatments and a cure. *We appreciate your support!*

Please contact us to schedule a club visit, and for diabetes service project ideas.

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