

AMERICAN CANCER SOCIETY



RELAY FOR LIFE OF FREEHOLD

Issue #2 12/23/2015

Welcome New Teams

BFF's
Eric Fasano Agency - Farmers Insurance
Helping Hands
Shari's Army

Don't Delay, sign up today!

Remember to check out the event site,
www.relayforlife.org/freeholdnj often. There
will be announcements, forms, and infor-
mation about the event posted regularly.

As of December 23rd
Teams Registered: 18
Participants Registered: 46

Holiday Gatherings

As most of us gather with family and friends during this holiday season, don't let the opportunity pass by to tell them all about Relay For Life and your involvement. Believe it or not, some people still haven't heard of Relay For Life. Talking about something that you are passionate about is a great conversation starter (or conversation diversion). Give people something to think about and the possibility of joining the movement. And don't forget, you can use your smartphone to sign people up as well as for taking donations.

Fall Challenges- Last Call

There are still a few days left until December 31st. Don't miss your chance for recognition, a special prize and to be able to appear on this year's Hope Club Event Shirt!

Challenge #1: Any team that raises \$1,000 will receive a special prize as well as be listed in a special area on the 2016 Event website.

Challenge #2: The TEAM that raises the most \$\$ over \$1,000 will receive the prizes for Challenge #1 and get their Team Name listed on the back of the 2016 Hope Club Event Shirt!

Spotlight on Teams & Event Committee Appearances

Did you know we are here to help you get the word out about your fundraisers? All you have to do is email Tara Novak at tara.novak@cancer.org with the specifics and we will post the details on the Relay For Life of Freehold NJ website and include it in our monthly newsletter.

Please help support current fundraisers:

Give the Gift of Relaxation

The Dirty Dozen Team has the perfect solution for some de-stressing time after the hustle of the holidays. How about a MASSAGE for yourself and gift certificate for the other person, especially someone who does not like going to a Spa. Call ALLAMBY MOBILE MASSAGE 732-236-1672/allambymobilemassage.abmp.com .

The owner is a licensed massage therapist and has been a volunteer @ Freehold RFL for the past 7 years. He also volunteers at various Assisted Living Facilities and Nursing Homes working with Hospice clients.

Call now to arrange a private massage in your home and purchase a gift certificate for someone else.

Maybe even arrange a Girls Night Out wine and cheese party.

Mention Dirty Dozen Team or Freehold Relay For Life for your discount.



Happy Holidays! Thank you for all that you do!



Fundraising Ideas

Wrapping for Donations: Wrap holiday presents for a donation. It's not too late to offer your time to help wrap gifts for your family and friends in return for a donation. Many people leave wrapping to the last minute. This offer may just help relieve some stress for someone!

Donation Bucket: Put out a bucket for people to donate their change. This could be done when you are visiting people for the holidays, at work or even by asking a local store you patronize to put a donation canister on their counter.

Taking down Holiday Lights: Contact your family, friends and neighbors and let them know you would take down their decorations and lights in exchange for a donation.

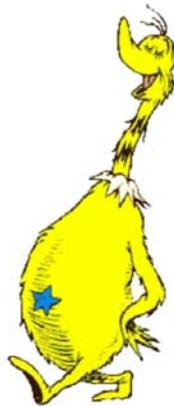
Ask for a Donation!: Print out the HOPE fundraising sheet at www.relayforlife.org/FreeholdNJ. Carry it around and pull it out the next time you are around a bunch of people.

Submitting Donations

There are several ways that donations can be credited to you and your team:

- * Ask donors to make a donation by credit card on your individual fundraising site.
- * Any checks received can be mailed to:
American Cancer Society
ATTN: Relay For Life of Freehold
2310 Route 34 Ste 1D
Manasquan, NJ 08736
- * Give any checks or cash to an Event Committee Member to turn into the ACS staff partner.

If you have any questions, feel free to email our ACS staff partner Tara Novak at tara.novak@cancer.org (732) 292-4262.



Event Leadership Team

Do you know someone that might be able to donate some extra time to this worthy cause? What about yourself? The Event Leadership Team is always looking for volunteers. We can work with your level of commitment, time and interest. The meetings are held the second Tuesday of the month and are generally about an hour. They are held at the All Seasons Diner II 4135 Rt. 9, Freehold, NJ 07728, 732-625-0330 at 7pm. (Don't worry if you are coming from somewhere and haven't eaten dinner. You can patronage the diner during the meeting.), Please contact Tara Novak at tara.novak@cancer.org | (732) 292-4262 for more information or questions.

Mission Moment: Fitting in Fitness

Simple Steps Add Up

Did you know you benefit from even small amounts of moderate activity throughout the day? Regular physical activity is easier to fit in than you may realize and can significantly lower your lifetime risk for cancer – and heart disease and diabetes, too.

You'll find the American Cancer Society's physical activity guidelines for adults and children below. These recommendations are based on the latest scientific information to help reduce the risk of developing cancer.

ACS Physical Activity Guidelines for Cancer Prevention

Adults: Get at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week (or a combination of these), preferably spread throughout the week.

Children and teens: Get at least 60 minutes of moderate or vigorous intensity activity each day, with vigorous activity on at least 3 days each week.

Moderate activity is anything that makes you breath as hard as you do during a brisk walk.

During moderate activities, you'll notice a slight increase in heart rate and breathing, but you may not break a sweat. Vigorous activities are performed at a higher intensity and generally use large muscle groups. They cause a noticeable increase in heart rate, faster breathing, and sweating.

Being more physically active than usual, no matter what one's level of activity, can have many health benefits. For more information, see <http://www.cancer.org/healthy/eathealthygetactive/index>.

Please consult a physician before starting any physical activity plan.

