

Move it in May Launch

# **Arthritis Queensland** proudly presents ***Move it in May***.

**For Immediate Release**

This May **Arthritis Queensland** are encouraging everyone and anyone to set themselves a movement challenge and raise funds to help end the pain of arthritis.

*Move it in May* is for everyone – no matter what fitness level you are, or what type of movement you prefer. Participants have the freedom to choose a physical activity that challenges them best. Whether you choose to walk, run, ride, or any other movement you can think of, we want you to help end the pain of arthritis.

This unique fundraiser is an initiative from the team at **Arthritis Queensland** to gather much needed funds to help the one in five Queenslanders who are suffering from this debilitating and often misunderstood and underestimated disease.

To join *Move It In May* you simply choose your own movement challenge then register at [www.moveitinmay.org.au](http://www.moveitinmay.org.au).

Once you have registered, spread the word about your challenge and ask everyone you know to sponsor you along the way as you complete your challenge and raise funds to help end the pain of arthritis.

Moving more is one of the best things you can do for your health and wellbeing. It’s also the best non-drug treatment to help manage the pain of arthritis, which is why **Arthritis Queensland** wants everyone to get involved regardless of fitness level or age.

**Arthritis Queensland** CEO Emma Thompson is hoping the funds will go a long way to help those who suffer from this disease and who live with it everyday.

“We want *Move it in May* to make a real difference to those 608,000 Arthritis sufferers in Queensland who really need all the support they can get” she said.

“Everybody should move more and there is no better reason to support a great cause than getting healthier while helping to raise funds to end the pain of arthritis”.

By choosing to take on a personal challenge, and raising funds in the process, you will help **Arthritis Queensland** provide information, education, support and research to improve the lives of Queenslanders affected by arthritis.

For over forty years **Arthritis Queensland** has been providing education, information and support services for Queensland children and adults living with arthritis or osteoporosis.

As an added bonus, anyone who signs up to *Move it in May* and gets their first donation on their page before April 28th will go in the draw for their chance to win a $200 Red Balloon gift card.

# When is Move it in May?

# **Move it in May will run from 1-28th of May.**

**How can you participate in *Move it in May*?**

Simply choose your challenge then register at [www.moveitinmay.org.au](http://www.moveitinmay.org.au). Once you have signed up, start sharing your challenge and your fundraising page with others so that they can support you.

**Volunteer Opportunities:**

We are looking for volunteers to help us spread the word about *Move it in May*. If you would like to join us in handing out flyers to commuters at Central Station on either the 10th or the 27h of April from 6:30am – 8:30am then we would love to hear from you.

**Vision Opportunities:**

Attached is a Media Kit for our editors to peruse and if you wish to help us with our cause please get in touch regarding any content or images you like and we will do our best to accommodate you.

We are also taking interviews and are available for photo opportunities.

**Contact Us:**

Please get in touch with us at:

**Arthritis Queensland - 07 3857 4200**

**Or email Ellen –** **Ellen@arthritis.org.au**