Join the Big Feats for SHAPE America Virtual Race to raise funds for health, physical education and physical activity in high-need schools.

1. **Zombie Run**
   - Recruit teachers and/or your friends to dress up as zombies. Make a plan to run on a track or walk together as a zombie group in the neighborhood.
   - Keep it fun and prepare for memorable photos.

2. **Pet Costume Parade**
   - Make a creative costume and take Fluffy out for a spin.
   - Pledge to go a set distance during trick-or-treating for SHAPE America Impact Schools.

3. **Neon Prowl**
   - Adding a touch of neon (glow sticks and flashing buttons or shirts) is a great way to stay safe while going around the neighborhood.
   - Your colorful flair can also help raise funds for schools in need.

4. **Superhero Stroll**
   - Encourage your friends, students, and fellow parents to dress up as their favorite superheroes!
   - Pledge to walk as a group for the Big Feats Virtual Race.
   - Forgo the expensive costume and put those funds toward a school donation instead.

Fostering active environments and lessening health disparities and inequities for all children is a Big Feat — but it can be done with your help.

donate.shapeamerica.org/bigfeats

Join the MOVEment!