



MOMMY & ME
CANCER FOUNDATION
Help a mother... help a child

Welcome Ambassador,

Thank you for being a part of our team and helping make an impact on our community by assisting with our health awareness efforts. As you may be aware, My Body My Mission is a health awareness program created to inspire young adults to practice healthy behaviors. This program is comprised of a series of missions, some of which you have completed. Mission 4 is launching on February 15th, the day after Valentine's Day. **We invite you to be the first to complete Mission 4 on Instagram or Facebook by posting on February 15.** Visit www.mamcf.org/mbmm for more information. Contact donna@mamcf.org with any questions or suggestions on posts or prizes, we are listening!

"About 2 out of 3 Americans are overweight or obese. Many Americans are also less physically active than they should be. Obesity increases the risk of many types of cancer. It also increases the risk of heart disease, stroke, diabetes, and other health outcomes, such as dying at an early age. While it is not clear exactly how excess body fat, consuming too many calories, and lack of physical activity raise cancer risk, there is no question that they are linked to an increased risk of many types of cancer and that they are a serious and growing health problem." – American Cancer Society

Here is Mission 4: "Fill In the Blank"

I _____ to stay healthy.

- POST** Post a photo with text. Fill in the blank telling us what you do to stay healthy.
TAG #mybodymymission
NOMINATE Nominate 3 people to complete the mission or donate to www.mamcf.org.
-

Here's an awesome example:



- POST** I bench weights to stay healthy!
TAG #mybodymymission #fillintheblank #mamcf #cancer #contest
NOMINATE I nominate @eatright, @healthyworks and @fitnessfit to complete Mission 4.

Top 3 entries based on creativity and number of likes, will receive a FREE entry to this year's 3rd Annual MAMCF 5k at the Angels Stadium in Anaheim on June 27th!

Deadline to participate to win is March 1 and winners will be contacted by March 5. Multiple entries are welcome, the more times you enter, the better your chances of winning! Good luck!

Directions:

1. Follow @mybodymymission
2. Post a photo showing a healthy behavior describing your fill in the blank.
3. Include I (insert word) to stay healthy and have the word correspond to your action in the picture.
4. Include information in the bolded text.
5. Don't forget the hashtag #mybodymymission.

We appreciate your efforts, and thank you for changing the world one post at a time!

Sincerely,

Donna Lazarescu
Health Director
Mommy & Me Cancer Foundation
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