



MOVE YOUR BODY. CHANGE A LIFE.

Every day during the month of May, we (My Refuge House) are inviting you to move. You can run, walk, dance, cycle, or participate in any other fitness activity all to support girls who have been rescued from human trafficking and prevent it from happening to others in the future. This is your opportunity to bring attention to this grave injustice with something so simple, but so important to each of our daily lives, movement. Join the Movement and change a life through advocacy and support for the work of My Refuge House.

How to Get Started

1. Commit to helping change a life through your fitness activity. Identify how you plan to move and how you will use it to bring awareness and support for the work of My Refuge House. Choose to participate for one day, an entire month, or anything in between.
2. Create your challenge. Set a giving goal based on your movement/fitness target. Choose to raise funds as an individual or as a team of friends by creating a giving page. Create your giving page by selecting **Join the Movement** at **MovementforFreedom.com**. Also, if you choose not to create a fundraising page you can send any contributions to My Refuge House 255 E. Santa Clara Street Suite #100 Arcadia, CA 91006 or <http://www.myrefugehouse.org/give/>
3. Get moving! Movement for Freedom begins May 1, 2021.

Thank you so very much for your participation!

We look forward to all our participants having a great time! If you any questions, please email kim@myrefugehouse.org



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Dear Potential Sponsor,

I am participating in the My Refuge House Movement for Freedom campaign. My Refuge House is a 501(c)(3) non-profit that provides a safe home to empower and restore survivors of commercial sexual exploitation (CSE) and abuse. All proceeds will help fund their holistic care intended to enable survivors educationally, spiritually, physically, emotionally, and mentally to stand on their own again.

The Movement for Freedom campaign is an opportunity for me to exercise/move to help raise funds and awareness regarding human trafficking. You can sponsor me for an amount per time the exercise is done and can name a maximum amount that you are willing to contribute. You may also consider asking your employer if they might do a matching donation for their employees. After Movement for Freedom concludes I will contact you to collect your contribution, or you can give today via my crowdfunding page. Also, you can make checks payable to My Refuge House. All contributions are tax-deductible. Thank you!



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Running

- Dedicate one day a week of your running. Use an app to keep up with your distance or time.
- Run a “5K a day” during the month.
- Virtual Race – Do a 5K, 10K, half marathon, or a full marathon on your own and have your friends support you.
- Sign up for a Local 5k
- Track your time or distance on your treadmill.

Working Out/Lifting

- Encourage your CrossFit group to join.
- Sponsor a weightlifting competition.
- Dedicate your time during personal training or boot camps.

Dancing

- Put together a group for a day of Zumba.
- Dedicate a class or multiple classes of Barre Fitness. Consider asking your instructor or other class members to join you. Organize a dance-a-thon

Walking

- Dedicate a daily 20-minute walk around your neighborhood.
- Walk on your treadmill for a specific distance daily or weekly.
- Invite a friend to walk a specific route during the month.
- Challenge yourself to walk the longest distance you’ve ever walked.

Yoga

- Dedicate your daily session and ask your friends and family to sponsor that time.
- Ask your Yogi to dedicate a class or even multiple classes to raise funds.
- Grab a friend and commit to a weekly session together.

Cycling

- Kids can choose to ride to school every day for a week or for the month.
- Cycle around a local park.
- Join a weekly riding group.
- Dedicate one day during the month to ride a specific route.
- Families can ride in their neighborhoods.



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As you begin this movement journey, we would love for you to think about who might support your fundraising and awareness efforts or perhaps individuals who might want to join you in Movement for Freedom. Below you will find a series of questions that will help you identify those in your sphere of influence. This is your opportunity to change a life.

- Who are some of your friends at work?
- Who have you spoken to about My Refuge House who has expressed genuine enthusiasm (and you haven't really known what to do with that enthusiasm)?
- Whom have you met / Who do you spend social time with / Have fun with?
- Think about the last 5-10 times you have gone out to dinner. Who has joined you?
- Think about family. Family members (especially the ones you are speaking with) love to support the work of their loved ones.
- How about the people you haven't seen in while?
- How about the professionals who support you that you have grown to know over the years?

CARE FOR ONE GIRL

MONTH/YEAR



Medical Care
\$32/\$384



Custom Homeschool
Education
\$72/\$725



Trauma Therapy Sessions
\$100/\$1200



School Books
\$100 for Year



Clothing for One Girl
\$75 for Year

CARE COSTS FOR ALL GIRLS

MONTH/YEAR



Group Outings
\$25/\$300



Peer Leadership Program
\$70/\$840



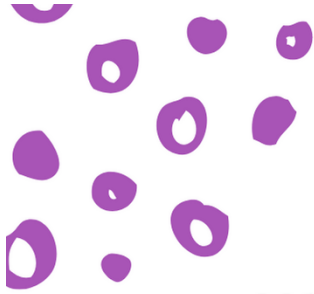
Campus Utilities -
Electricity, Water, & Gas
\$845/\$10,140



Livelihood Training &
Projects,
\$185/\$2,200



Meals
\$200/\$2400



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Movement for Freedom

We believe that changing a life can be as simple as moving your body

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You can find more information at
MovementforFreedom.com

