



BACK YARD

BOOTCAMP

For Cystic Fibrosis



Welcome

Thank you for choosing to support people living with cystic fibrosis (CF) by participating in the **Backyard Bootcamp for Cystic Fibrosis**.

Whatever your reason for taking up the challenge, we are glad to have your help in raising much needed awareness and funds for the CF community living here in WA.

CF is one of the **most common recessive genetic, life-limiting diseases** affecting children and adults in Australia.

CF causes thick sticky mucus to build up in the body, primarily affecting the respiratory and digestive systems, making it increasingly difficult to breathe and digest food.

In Australia, **1 in 25 people carry the CF gene** – that's more than 1 Million people. In WA there are around **400 children and adults** living with CF and sadly, there is still no cure.

Here at Cystic Fibrosis WA we fund critical research and provide essential support services to improve the lives of people living with CF. Our services include hospital support, in home care, education sessions, subsidies, equipment gifts and training for health professionals.

It is thanks to supporters like you that we can continue to provide these essential services and fund critical research to help find a cure.

**Thank you for helping us get closer to our vision of
*'Lives unaffected by cystic fibrosis'.***

From the team at Cystic Fibrosis WA

How It Works



The Challenge

Before the challenge you'll receive your challenge checklist and other handy resources.

At the start of each week throughout the bootcamp you'll receive an email with your challenge and workout videos for that week. We'll also upload the videos and resources to the Facebook Community Forum each week.

Complete the challenges and workouts at your own pace throughout the week and mark them as completed on your checklist.

It's that simple!



The Fundraising

We encourage you to set up your own fundraising page and ask for donations in support of your efforts. Funds raised will go toward essential support services for people living with CF in WA and funding critical CF research projects.

Every dollar raised will help make a big difference!

You can track your success on the checklist by marking off the fundraising milestones as you achieve them. At the completion of the challenge you'll receive a medal to recognise your efforts.

If you have questions or would like help setting up your fundraising page, please contact events@cfwa.org.au or reach us through the bootcamp Facebook group.

Set up your own fundraising page by visiting the link below and following the prompts:
everydayhero.com.au/event/Bootcamp



Pre-Challenge Checklist



Set Up Your Fundraising

Every bit of fundraising helps to make a difference. Set up your own fundraising page and ask friends and family to donate in support of your efforts. Raise just \$50 and you'll receive a bronze medallion!

everydayhero.com.au/event/Bootcamp



Pick Your Space

You won't need much space to do the weekly challenges and won't need any equipment. You can participate in your home, backyard or local park.



Recruit A Bootcamp Buddy

Why not ask your friends and family to take on the challenge in their own homes too! Having a challenge buddy (even if it is a virtual one) is good for keeping motivated and celebrating success.



Raise Awareness

Raising awareness is an important to the work Cystic Fibrosis WA does. Increasing awareness for cystic fibrosis (CF) in the community helps to make it a safer and more understanding place for people living with CF.

We'll be sending you awareness raising tips and resources with the fitness videos each week. We encourage you to share some of these facts and resources with your friends and family to help increase awareness of CF in the wider community.

CONNECT WITH US



Our Facebook
[www.facebook.com/
CysticFibrosisWA](https://www.facebook.com/CysticFibrosisWA)



Facebook Event
[bit.ly/
bootcamp-cfwa](https://bit.ly/bootcamp-cfwa)



Instagram
[www.instagram.com/
shan_obstaclerunning_man](https://www.instagram.com/shan_obstaclerunning_man)



Frequently Asked Questions

What level of difficulty will the challenges be?

The challenges and exercises are designed with low impact options and variations so that everyone can participate. Participants are encouraged to exercise within their own personal fitness boundaries and work at their own pace, stopping where necessary.

Do I have to do all the challenges at once?

No, this is a self-paced bootcamp, so you can spread the challenges across the week and complete the activities in your own time at your own pace.

Will I be shown how to do the exercises?

Yes, you will be shown how to do the exercises and challenges properly, including the low impact and alternative options, in the weekly videos that have been put together by a certified Personal Trainer.

Am I required to fundraise?

You are not required to fundraise. However, to receive a medal at the end of the challenge, you need to have raised a minimum of \$50 on your own fundraising page. The funds you raise will go towards supporting people living with cystic fibrosis in WA through support services and CF research funding.

How will I receive the weekly updates?

We'll send you a weekly email with the challenge and exercise videos and fundraising tips. We'll also be sharing the videos and plenty of resources on the Facebook Community Forum.

How else can I support people living with cystic fibrosis?

There are many ways to help people living with cystic fibrosis, including volunteering, sharing awareness as an ambassador and raising funds through regular giving, community fundraising activities and school or workplace fundraising.

Visit our website www.cfwa.org.au or contact Marnie on events@cfwa.org.au for more information.