

Inspire and engage your workplace with **100 Miles in a Month** February 2021

Join Ireland's fastest growing workplace challenge



Is your team ready for a fitness challenge which:



Brings your workplace together and engages staff at all levels.



Increases workplace wellbeing, motivation and health.



Raises funds to improve healthcare in your community.

Your workplace will be in good company:

Some of the companies who participated in 2020

- Paddy Power Betfair
- Morgan McKinley
- 160th Infantry Group
- Byrne Wallace Solicitors
- Marks & Spencers



What is 100 Miles in a Month?



100 Miles in a Month is one of the largest running events in Ireland - but online.



Each team member walks, jogs or runs 100 Miles in a Month at their own pace, where and whenever you like!



Earn a medal by tracking your distance with your preferred fitness app or smart band.



Raise funds for frontline patient care while getting fit and healthy yourself!



Paddy Power Betfair

“ 100 Miles in a Month is a great challenge for teams, particularly in this remote working environment that we have all become accustomed to.

It's a great way for individuals to get out, get fit and keep motivated.

The positives are seen, not only in the overall health of participants, but also the sense of individual achievement, team achievement and the satisfaction of having raised a lot of money for a very worthy cause. ”

— *Stephen Moorhead,*
Paddy Power Betfair



Why it makes sense for your company?

✓ Fitness challenge for all fitness levels that engages all areas in your organisation.

✓ Flexible and easy to adapt to different individual lifestyles.

✓ Improves your health and wellbeing while improving healthcare for others – feel good in all senses of the word!

✓ Receive inspiring, motivational stories from people just like you who are in our hospital, and who you're helping!



How we'll support you

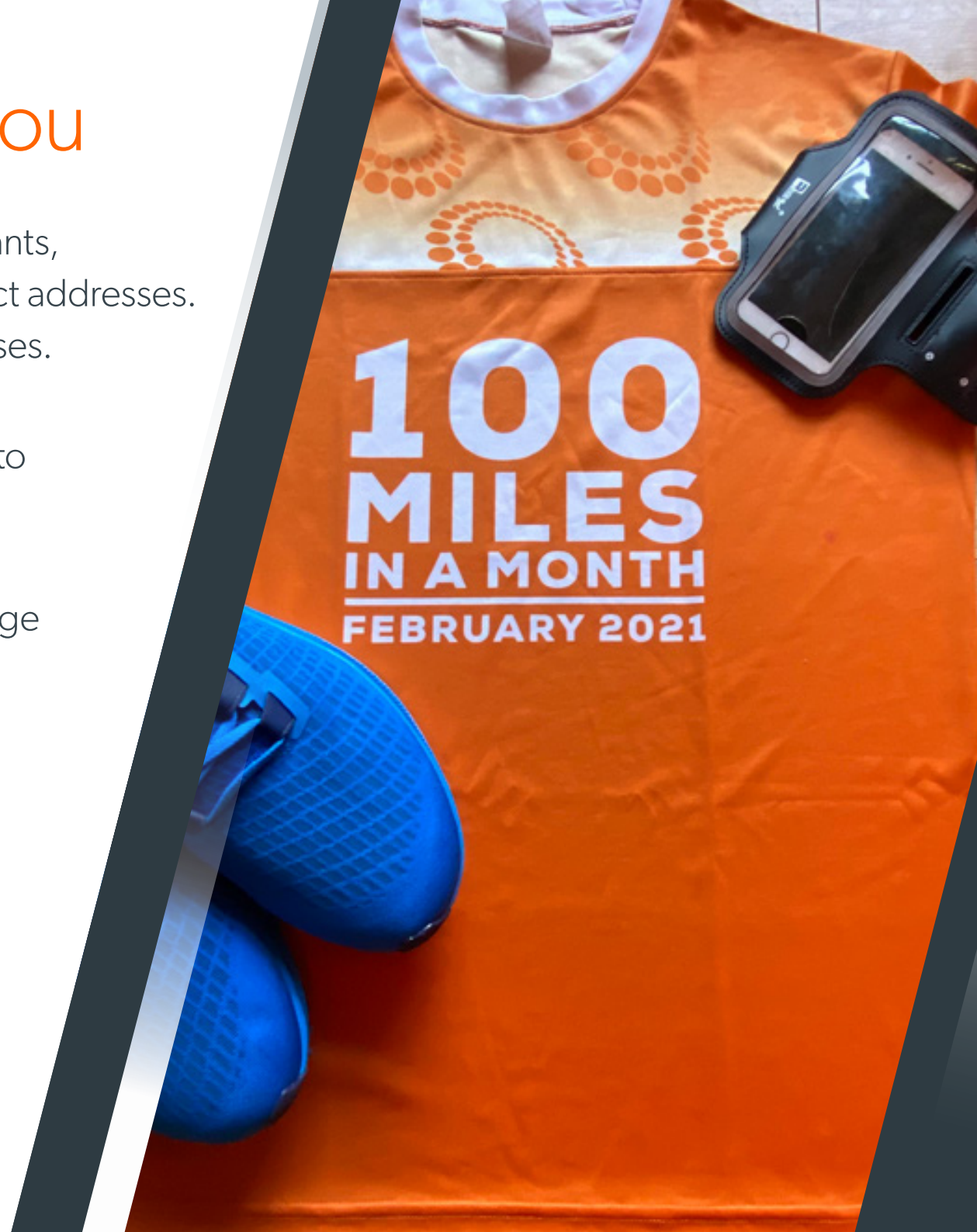
✓ You provide the number of participants, preferred running top sizes & contact addresses. We deliver to work or home addresses.

✓ We help your team track their miles to 100 on a fitness app or smart band.

✓ We help you set up a fundraising page for the challenge.

✓ We send you content to inspire and keep your team motivated.

✓ On completion of 100 Miles, we send everyone a medal and show you what your team has achieved!



Who will be your Mater Champion?



Take your time to decide, but remember it doesn't have to be the fastest or the fittest person!



You'll receive content to inspire and motivate your team and hear first-hand how your team's fundraising will benefit patients.



You'll let us know when your team is ready to start the challenge, and when the team has all finished.



You'll be a Mater Hospital hero who will lead your team in making a life-saving difference.



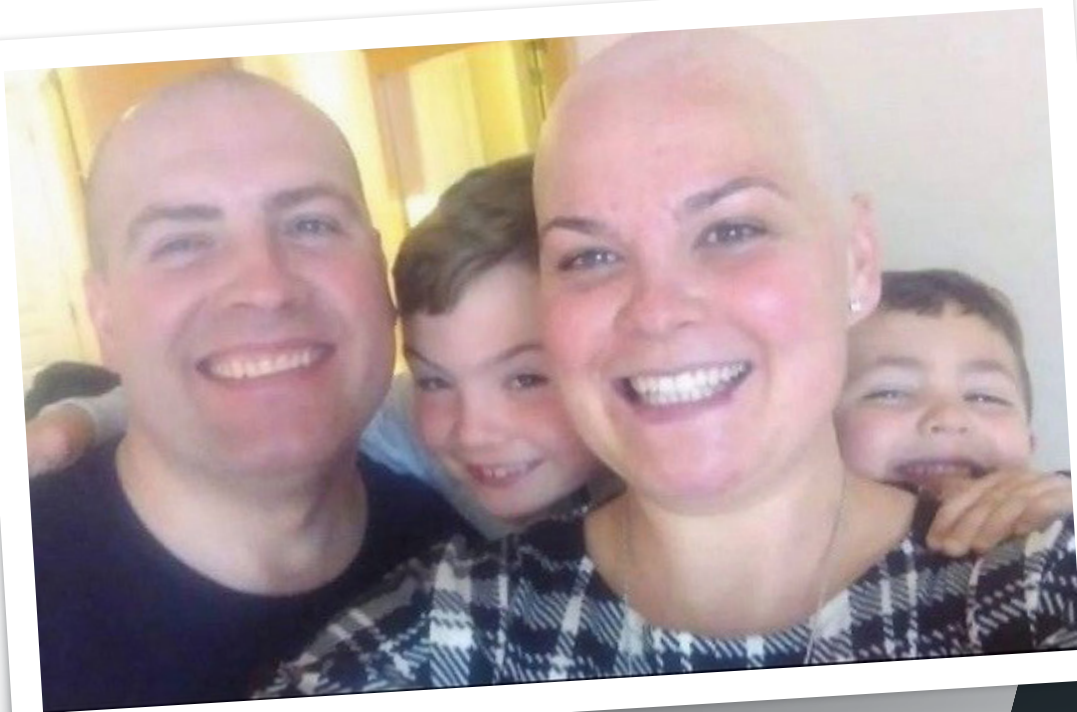
Each team member who completes their 100 miles will receive their finisher's medal



We'll also send you a video showing the impact your team challenge has had for patients at the Mater Hospital – suitable for sharing with internal and external audiences.



Each mile your team
takes will help patients
like Anne Marie



Anne Marie is receiving cancer treatment
at the Mater (*pictured here with her family*).



To find out more, or sign up your team

Email jdwyer@materfoundation.ie

Call John Dwyer on 085 871 9299

www.materfoundation.ie

100
MILES
IN A MONTH
FEBRUARY 2021

the **Mater**
Foundation
Advancing care for every patient, every day

