

HOST YOUR COMPANY PICNIC AT BiG CARDIO!!

LET US DO THE WORK FOR YOU!
ALL YOU NEED TO DO IS SHOW UP WITH YOUR GROUP AND ENJOY!



CORPORATE PACKAGE BASE RATE: \$1200

Here's what you get with your corporate/church/group package:

- A large 20' x 20' tent
- Team banner for your tent
- Tables & chairs
- Fun Zone with lots of activities (see below)
- Team building challenges
- Group photo
- Complimentary fresh fruit, snacks & water
- A personal attendant for the day
- **CORPORATE PACKAGE DEADLINE: 3/3/2023**

CHECK OUT THESE ACTIVITIES!

Fun Zone is included in Group Package. 5K, fitness and sports registration fees are additional.
Group discounts available.

FITNESS OPTIONS

- 5K Run / Walk
- Cardio Class
- Cycling Class
- Obstacle Course With Team Challenges
- Fitness Yoga
- Kid's Fitness & Games

SPORTS OPTIONS

- Soccer Tournament
- Volleyball Tournament
- Basketball Tournament
- Sports Clinics

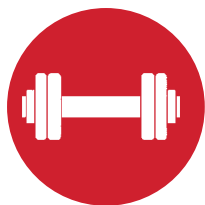


FUN ZONE FOR ALL

- Rock Climbing Challenges
- Adult inflatables
- Kiddie Inflatables
- Mini Golf
- Carnival Games
- Face Painting
- Concessions
- Merchant Boots
- Entertainment
- Stunts and Demonstrations

MAKE BIG CARDIO PART OF YOUR WELLNESS PROGRAM

WHAT'S IN IT FOR YOU?



OPPORTUNITY TO PROMOTE HEALTH AND WELLNESS

- Invest in your employees' health and wellness.
- Increase employee productivity.
- Improve employee attitude, well-being, and job satisfaction.
- Potentially decrease the number of employee sick day reports.
- Potentially reduce health insurance premiums over time.



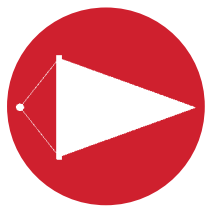
GOODWILL AND CORPORATE RESPONSIBILITY

- Align your company with the solution to an important social issue: Providing opportunities for South Florida's at-risk youth.
- Network with other community-minded organizations.
- Get more visibility in the community for your brand.



TEAM SPIRIT

- Create team spirit, camaraderie and synergy within your company.
- Engage both leaders and employees in fun team activities.
- Encourage employees to engage their families.
- Build team unity and identity by providing everyone with branded team gear.



TEAM BENEFITS

- **FREE** Team Tent (10' x 10') and team name on printed on tshirts when you recruit 50 or more members to your team.
- Choose color of your team's tshirt when you recruit 20 or more members to your team.
- Team banner on tent.
- Professional team picture at event (digital format).
- Team picture featured in BCF electronic newsletter.
- Team picture posting on social media.

BiGCardio.org



BE A LEADER WHO SETS THE EXAMPLE



DO CARDIO. DO GOOD.

If you're a leader in your company, church or group, you are no stranger to working hard, achieving goals, and setting an example for your team. You also know that your team/flock needs tending to, to keep them healthy, engaged, and fulfilled.

Below are 7 great pointers from Entrepreneur.com on boosting your team's morale, increasing job satisfaction and productivity, and decreasing burnout and turnover. The BiG Cardio Event and BiG Children's Foundation can help you achieve them all!

- 1. Keep employees feeling their work is more than a job.** [Encourage employees to volunteer at BiG Children's Foundation and impact the lives of teens in foster care.]
- 2. Take time to creatively celebrate accomplishments** [As a group, attend BiG Cardio and take videos of employees crossing the finish line, pressing through a cardio workout, winning a sports tournament or overcoming a challenge on the obstacle course. Then host a post-event social meeting at your site and watch the video footage together!]
- 3. Grant time off to employees to pursue projects they are passionate about.** [Encourage your employees to use their gifts and talents to teach a class in our program such as money management, cooking, nutrition, fitness, dance, arts, life skills, tutoring, professional skills, etc.]
- 4. Mix up the company's way of doing things.** [Host your annual company picnic at our BiG Cardio Event and let us do the work for you!]
- 5. Don't forget to have fun.** [Designate the BiG Cardio event as your "team spirit dress up day" and give prizes for those with the most team spirit!]
- 6. Train employees to develop positive attitudes.** [Give employees an opportunity at a staff meeting to share of the impact they're making in a teen's life...and the impact the teen is making in theirs!]
- 7. Offer time away from the office to do some good.** [Engage your staff in a community service project with us for some time away from the office, and build camaraderie and harmony among each other.]

To learn more about the mission of [BiG Children's Foundation](https://www.bigchildren.org/), visit [ReshapeTheirFuture.org](https://www.ReshapeTheirFuture.org).

RENT A TENT FOR YOUR TEAM



When you rent a team tent, you have a central place in the shade where everyone can meet, greet, and eat. We'll even hang up your shingle!

THREE WAYS TO RENT YOUR TENT!

EMAIL	MAIL	PHONE
Complete, scan and email this form with credit card information to Joyce@bigcf.org .	Complete this form and mail with credit card or check payment to: BiG Children's Foundation 2020 W. McNab Road, Fort Lauderdale, FL 33309	Call in your order at 954-933-3129.

Name _____ Company Name _____
 Street Address _____ City, State, Zip _____
 Phone _____ Email _____

- (One) 10' x 10' Tent —\$200** Includes one 8' table, 6 chairs, white banner with company name printed in block letters.
- (Two) 10' x 10' Tents —\$400** Includes two 8' tables, 12 chairs, white banner with company name printed in block letters.
- (One) 20' x 20' Tent —\$1,200** Includes eight 8' tables, 36 chairs, white banner with company name printed in block letters, complimentary water, fresh fruit, snacks and personal assistant. See details on the insert "Host Your Company Picnic At Big Cardio!!"

Credit Card ☐ Visa ☐ MC ☐ Amex Name on Card _____ Today's Date ____/____/____
 Credit Card # _____ CCV _____ Exp. Date ____/____/____

Personal and pop-up tents are prohibited and this will be strictly enforced for the safety and protection of all participants.






BiGCardio.org

EARN COOL GIFTS!

THE FUN PART OF FUNDRAISING!

Sharing the love for our cause is easy since you will have your own electronic fundraising page with every form of communication you may need e.g. customizable emails, tips, social media posts, etc. You will have everything to motivate your family and friends to support you – and our at-risk youth. In addition, you can earn these cool prizes:

INDIVIDUAL FUNDRAISER GIFTS

YOU RAISE	YOU GET	YOU RAISE	YOU GET
\$100	Limited Edition custom-designed shirt (Men's and Women's Sizes available) <i>Everyone who raises a minimum of \$100 will receive the race shirt plus any other applicable gift.</i>		
\$250	BiG Cardio Stainless Steel Sport Bottle		
\$500	BiG Cardio Athletic Fleece Hoodie (Men's and Ladies)		
\$750	100% Cotton Velour Beach Towel		
\$1,000	BiG Cardio Sport Bag		

BiGCardio.org

INCENTIVE GIFT RULES: Gifts are not cumulative at every level, however, everyone who raises a minimum of \$100 will receive a BiG Cardio Custom-Designed Shirt in addition to the level gift earned, with a maximum of 2 gifts. Gifts may vary slightly from picture shown. Please allow 6-8 weeks for delivery after event. There are no gift substitutions. Event fundraising gift eligibility will conclude at 12pm the day of the event. Donations received after this time will not be included in your individual or team fundraising totals.

REGISTER YOUR TEAM TODAY!



5K Run/Walk • Fitness Yoga • Cardio Class • Obstacle Course • Soccer • Volleyball • Basketball • Kid's Fitness • Fun Zone

IT'S MORE FUN WITH FRIENDS!

There's something for everyone at every age!

CREATE YOUR TEAM TODAY! It's as easy as 1-2-3

Step 1

Determine who will be the team captain (maybe it's you).

Step 2

Captain registers the team name at www.bigcardio.org. Go to: **START A TEAM** and follow prompts.

Step 3

Captain, rally your co-workers, family and friends to join your team so they can start training and fundraising. To join the team, visit www.bigcardio.org, go to **JOIN TEAM**, and select your team name from the dropdown menu.

REGISTER YOUR
TEAM NOW!



COST

\$40 Adult Participants (age 13 and up)

\$25 Child Participants (ages 6-12)

FREE Child Participants (age 5 and under)

FREE Spectators

YOUR PARTICIPATION HELPS AT-RISK YOUTH IN SOUTH FLORIDA!

Event proceeds benefit BiG Children's Foundation, a 501(c)3 non-profit organization committed to reshaping the futures of Florida's at-risk youth, including foster teens & youth aging out of the system, as well as victims of abuse and human trafficking. For more information, please visit www.bigcf.org

Rain, shine or cancellation, registration fees and pledges are non-refundable and benefit kids!

BiGCardio.org