

Walk Your A.S. Off walkASone challenge

www.walkASone.org



Walker _____
 Address _____
 Email _____

My fundraising Goal: _____

I am pledging to participate in the Walk AS One Challenge and have learned the following:

Ankylosing Spondylitis (AS) & Axial Spondyloarthritis (SpA) are chronic life long auto-inflammatory diseases that cause extreme back pain, fatigue, and inflammation throughout the body including possible organ involvement. Certain complications can lead to disability & spinal joint fusion. SpA often goes undiagnosed for years until fusion is apparent and the disease progresses to full blown A.S. & disability. Recent CDC estimates are that 1% of the population have this disease – or **33 million people** worldwide! If you or someone you know has had persistent unexplained back pain for over 3 months please get evaluated for A.S. You can find out more at StopAS.org or http://www.spondylitis.org/about/as_diag.aspx

Name	Email	Miles donated	Amount of donation	Check, Cash or Online	Learned About our Challenge & Spondylitis
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2.					
3.					
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Program Instructions

1. Have friends and family join your challenge - use multiple sheets if necessary. This challenge is open to everyone!
2. Email your pledge sheets to info@walkASone.org by Oct 20th to be eligible for prizes.
3. Send a check to Walk AS One, P.O. Box 431, Gray, ME 04039 or make payment via our Facebook page fundraising tab at <http://facebook.com/walkasoneworldwide>
4. Thank you for your support!

Total Number of Walkers: _____
 Total Miles Donated: _____
 Total Amount Raised: _____



Donate easily ONLINE!
 At <http://walkASone.org> or
 on Facebook at

<http://facebook.com/walkasoneworldwide>

*Before beginning any new exercise program, consult your physician or physical therapist. They can help provide modifications to suit your particular needs. Ask which exercises you should do and then check to see that you are doing them correctly