



BreatheStrong CF

FUNDRAISING IDEAS

Your Go-To Guide for Fundraising Success

You're not just raising money, you're fueling hope, strength, and possibility for people living with cystic fibrosis. Whether you're rallying a team or going solo, this kit is your go-to guide to make fundraising fun, easy, and impactful.

Inside, you'll find customizable resources, tips, and templates to help you spread the word, build momentum, and hit your goals. From social media ideas to email templates and more we've got you covered.

Need something specific? We love creative challenges! Reach out to the BreatheStrong CF Team anytime. We're here to help you dream big and make it happen.

Let's get started because every mile, every dollar, and every share brings us closer to stronger lungs and stronger lives.

Kick things off with these five simple steps:



SET YOUR GOAL

Aim High! Every dollar makes a difference.



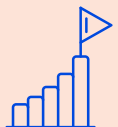
PERSONALIZE YOUR PAGE

Share your "why" for supporting BreatheStrong CF.



SPREAD THE WORD

Use the tools below to rally your crew.



KEEP MOMENTUM GOING

Celebrate milestones and thank supporters.



CELEBRATE YOUR IMPACT

You're changing lives. That's a big deal!





MAKE AN IMPACT!

Our Vision

At BreatheStrong CF we envision a new era in which people with cystic fibrosis rise above and go beyond perceived limitations.

Our Mission

BreatheStrong CF advances the wellbeing of people with cystic fibrosis through education, direct support, and opportunities to thrive.

At BreatheStrong CF, we're on a mission to help people with cystic fibrosis live stronger, healthier lives right now. Through exercise grants, critical needs initiatives and our dynamic BreatheStrong+ virtual wellness program, we are breaking down barriers to fitness, nutrition, and mental health. We're here to make wellness accessible and impactful, empowering individuals of all ages to move more, feel better, and stay motivated all year long.

We invite you to explore our [website](https://www.BreatheStrongCF.org) and join us in changing lives through the power of movement, strength, and support.



Staying physically active is important for lung health and quality of life for people with cystic fibrosis.

2024 Exercise Grants



555

EXERCISE GRANTS GIVEN



\$354,384

GRANT SUPPORT



\$638.53

AVERAGE GRANT



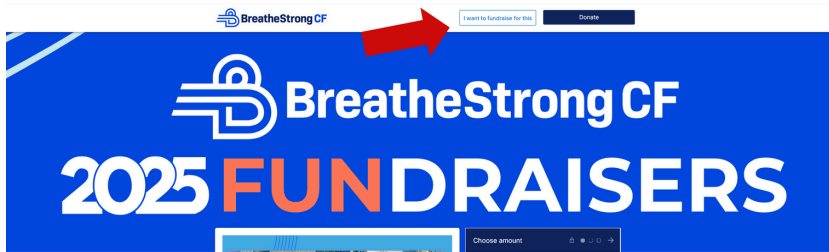
CREATE YOUR FUNDRAISER

Set up a personal fundraising page using BreatheStrong CF's fundraising platform, DonorBox.

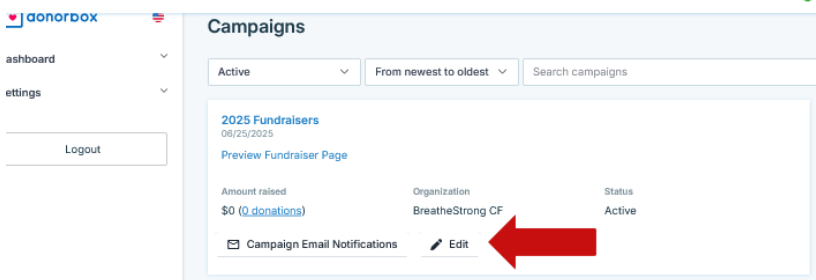


PEER-TO-PEER AT DONORBOX

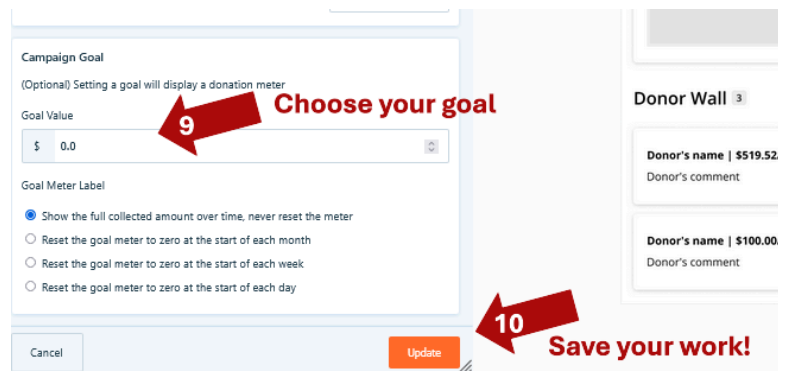
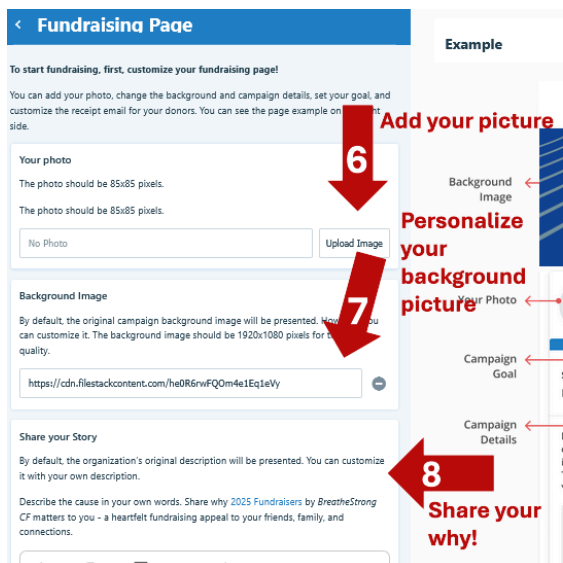
1. Go to BreatheStrong CF's DonorBox page by clicking [HERE](#)
2. Click "I want to fundraise for this page"



3. Complete your Personal Info.
4. Follow the directions sent via email to Complete Your Account
5. Once signed in, select Edit



6. Upload your picture (85x85 pixels)
7. Personalize your Background Image (1920x1080 pixels)
8. Share your "Why"! You can leave our words, but we encourage you to share why you are fundraising. You can add pictures!



CONTINUED ON NEXT PAGE



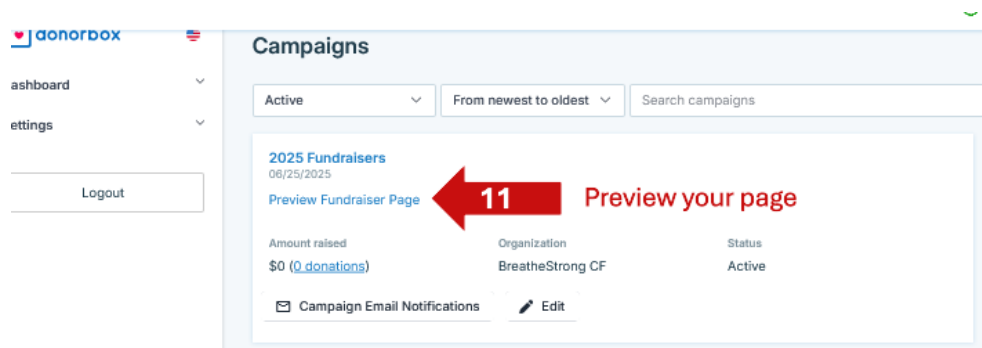
CREATE YOUR FUNDRAISER

Set up a personal fundraising page using BreatheStrong CF's fundraising platform, DonorBox.



CONTINUED...

11. Preview your page to see how others will see it!



12. Bookmark and share your fundraising link (URL)!



13. **Test your fundraiser and make the first donation!** Kick things off by making a donation yourself. It shows your commitment and inspires others to give, too.

Need help? Email Doug@BreatheStrongCF.org



QUICK LINKS

[JUMP TO THE CHECKLIST](#)



**ASK FOR A
DONATION**



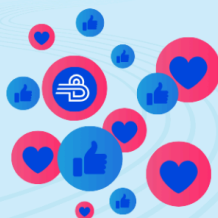
**ASK TO
FUNDRAISE
WITH US**



**EMAIL
TEMPLATES**



**THANK YOU
TEMPLATES**



**SOCIAL MEDIA
TEMPLATES**



**BRANDING AND
ORGANIZATION
RESOURCES**



**PASSION
FUNDRAISER
IDEAS**

**Sizzler
TO GO!**



**SIZZLER
SPONSORSHIP**

NEED HELP? EMAIL DOUG@BREATHESTRONGCF.ORG



SAMPLE EMAILS

Copy, paste, and edit from the templates below. Insert your personal fundraising link and add personal touches like family updates, photos, and more.

GENERAL DONATION ASKS

Option 1 - For the Warrior

We're rallying support for [CF INDIVIDUAL'S NAME] and the thousands of others living with cystic fibrosis today.

Cystic fibrosis (CF) is a lifelong genetic condition that makes something as simple as breathing a daily battle. Every day, [CF INDIVIDUAL] shows incredible strength, spending hours on treatments just to stay healthy and active. Our community has already accomplished so many milestones. Imagine what's possible with you in it!

BreatheStrong CF is here to support that effort today.

Thanks to generous donors, they provide:

- **Exercise grants** that help warriors build strength and improve lung function
- **Critical needs assistance** for families facing urgent challenges
- **BreatheStrong+**, offering activity challenges, ongoing wellness resources, and community support

Every donation directly helps someone living with CF live stronger, move better, and feel supported today.

Be the reason someone with CF breathes easier today and join the monthly giving community **The Core**:
<https://breathestrongcf.org/join-the-core/>

[INSERT FUNDRAISING LINK]

Option 2 - Fuel the Fight

Our family is proud to support **BreatheStrong CF** and the life-changing work they do for people living with cystic fibrosis - like [CF INDIVIDUAL'S NAME].

Life with CF is relentless: daily treatments, constant care, and endless appointments. But the strength and determination of individuals in our CF community inspires us every day.

BreatheStrong CF exists to meet that strength with support.

- BreatheStrong CF provides **exercise grants** so people with CF can safely build endurance and improve lung function.
- BreatheStrong CF offers **critical needs support** to help cover grocery and fuel expenses.
- Through **BreatheStrong+**, walking alongside CF warriors with fitness and wellness resources that meet them where they are.

This is the kind of care that creates real change. Help us continue showing up for those who need it most.
[INSERT FUNDRAISING LINK]



SAMPLE EMAILS

Copy, paste, and edit from the templates below. Insert your personal fundraising link and add personal touches like family updates, photos, and more.

Option 3 - Hope through Progress

We're stepping up for [CF INDIVIDUAL'S NAME] and supporting BreatheStrong CF to bring vital resources to the CF community.

While advancements in care are making a difference, people living with CF still face tough daily realities, especially those not eligible for newer treatments.

That's where BreatheStrong CF comes in.

They provide real-time support to meet those needs:

- **Exercise grants** that empower CF warriors to stay active and strong
- **Critical needs** funding to help families facing grocery and fuel needs
- **BreatheStrong+** wellness resources and community connection online

Your gift helps someone breathe stronger, feel better, and know they're not alone.

Your gift helps someone breathe stronger, feel better, and know they're not alone.

[INSERT FUNDRAISING LINK]

ASK OTHERS TO FUNDRAISE WITH YOU

We're raising life-changing funds in honor of [CF WARRIOR NAME], and we'd love for you to be part of our **BreatheStrong CF** efforts.

Your support goes directly toward:

- **Exercise grants** that improve physical health and quality of life
- **Critical needs funding** for CF families facing grocery and fuel needs
- **BreatheStrong+**, offering activity challenges, wellness resources, and community support

Here's how you can help:

1. Start a fundraiser: [INSERT LINK OR PLATFORM]
2. Make a donation.
3. Share your story and spread the word.
4. Use the BreatheStrong CF Fundraising Kit to make it easy.

We believe in strength through support—and in a future where CF warriors can thrive. Thank you for standing with us.



SAMPLE EMAILS

Copy, paste, and edit from the templates below. Insert your personal fundraising link and add personal touches like family updates, photos, and more.

THANK THOSE WHO SUPPORT YOUR EFFORTS

Option 1 - To Donors

Thank you for your generous donation to support our BreatheStrong CF fundraiser.

Because of you, BreatheStrong CF can continue helping CF Individuals across the country live stronger, more vibrant lives. Your gift supports constant care. More individuals than ever living with cystic fibrosis received exercise grants to help them get stronger, breathe easier, and feel better (and we're just getting started!)

- Families across Georgia got help with groceries and gas during tough times
- Our BreatheStrong+ community is thriving with new challenges, motivation, and encouragement

While we've made great progress in CF care, the need is still urgent, and your support makes all the difference.

Want to do more?

- Share our campaign.
- Start a fundraiser of your own.
- Ask your employer about matching your gift
- Join The Core monthly giving program.

Together, we are helping every warrior breathe strong.

[INSERT FUNDRAISING LINK]

Option 2 - To Fundraising Team Members

Thank you for stepping up to support BreatheStrong CF.

You are part of a movement that's changing lives—supporting people like [CF WARRIOR NAME] not just with hope, but with practical help and powerful programs:

- **Exercise grants** to build health and strength
- **Critical needs support** when families face grocery and fuel needs
- **BreatheStrong+**, offering activity challenges, wellness resources, and community support

This is the heart of what we do—and you make it possible.

Let's keep going. Keep sharing, fundraising, and spreading the word. You are helping CF individuals breathe strong and live well today.

[INSERT FUNDRAISING LINK]



SOCIAL MEDIA POSTS

Use the the social media posts below on your Facebook,
Instagram, or LinkedIn accounts.

Option 1 - A future without limits

We're proud to support BreatheStrong CF, an organization dedicated to helping individuals with cystic fibrosis live stronger, healthier lives today. From exercise grants to critical needs support, BreatheStrong CF steps up to help individuals today.

Please consider donating or joining our fundraiser to make a direct impact.
[INSERT LINK]



Contact Doug@breathestrongcf.org to have a social media image customized for you.

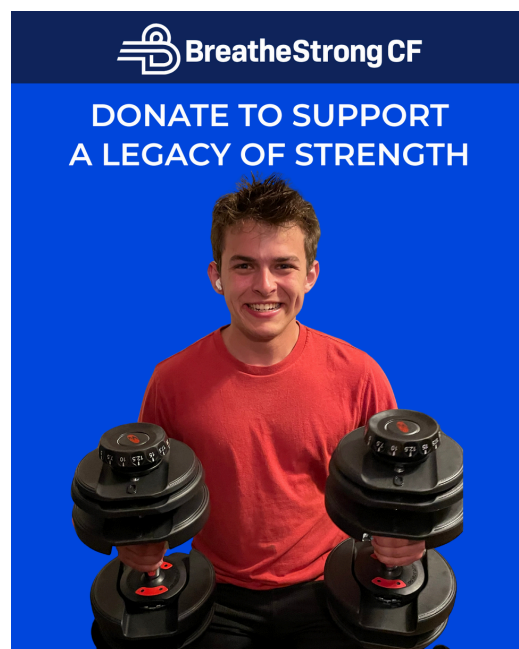
Option 2 - A Legacy of Strength

For [INSERT NUMBER OF YEARS PARTICIPATING], our family has proudly supported BreatheStrong CF to raise awareness and provide real help for those living with cystic fibrosis today.

Thanks to this community, [CF INDIVIDUAL'S NAME] has benefited from exercise grants to stay strong, support for grocery and fuel needs, and the BreatheStrong+ wellness program that enhances everyday life through online motivation and education.

BreatheStrong CF isn't focused on research or what might happen in the future. They are here to make a difference right now for people living with CF.

Will you join us in supporting warriors like [CF INDIVIDUAL'S NAME] today?
[INSERT FUNDRAISING LINK]



Contact Doug@breathestrongcf.org to have a social media image customized for you.



SOCIAL MEDIA POSTS

Use the the social media posts below on your Facebook,
Instagram, or LinkedIn accounts.

Option 3 - Fighting beside our warrior

[CF INDIVIDUAL'S NAME] is a true Champion facing each day with strength and determination while living with cystic fibrosis.

That's why we support BreatheStrong CF because they meet the real-life, everyday needs of people with CF. Whether it's through exercise grants, critical needs funding, or the BreatheStrong+ virtual wellness program, they're helping people today. Please continue to help us push our mission forward.

Will you stand with us and support immediate impact with a monthly or one-time gift?

[INSERT FUNDRAISING LINK]



Contact Doug@breathestrongcf.org to have a social media image customized for you.



BRAND AND ORGANIZATION RESOURCES



[DOWNLOAD](#) color .png

[DOWNLOAD](#) white .png

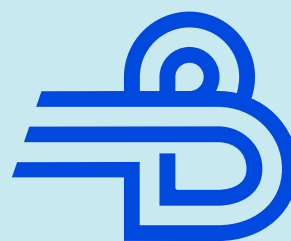


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[2024 BreatheStrong CF Annual Report](#)



[BreatheStrong CF Flyer](#)



PASSION FUNDRAISING

Make fundraising easy when you pair it with something you're passionate about. Here are just a few ideas!

Host a “Core” Challenge

Start a personal or group fitness challenge (walk, run, bike, dance, yoga, etc.) and ask friends and family to sponsor your efforts. Set a goal like 65 miles in a month or 30 minutes of activity a day.

Create a “Champion Birthday Fundraiser”

Celebrate your birthday by asking for donations to BreatheStrong CF in place of gifts. You can set up a Facebook, Instagram, or custom fundraising page and share why CF and exercise matter to you.

Launch a Tribute Fundraiser

Honor a CF warrior in your life by raising funds in their name. Share their story and why this cause is important. This can be done anytime and is especially powerful during awareness months or anniversaries.

Organize a Mini Event or House Party

Host a backyard BBQ, game night, yoga class, or porch concert and collect donations. Keep it casual but connected to the mission consider short storytelling or video during the event.

Create and Sell Custom Items

Design t-shirts, bracelets, candles, or art prints and donate proceeds to BreatheStrong CF. Use platforms like Bonfire, Etsy, or Shopify to keep it simple and online.

Start a Workplace Giving Campaign

Ask your company to match donations or support a fitness challenge among coworkers. Offer a reward for the department that moves the most or raises the most.

Dedicate a Race or Event

Register for a local 5K, marathon, triathlon, or other endurance event, and use it as your personal fundraising platform. Share your training journey and impact goals.

Use Your Talents to Fundraise

Are you a chef, artist, musician, or photographer? Host a class, offer commissions, or donate a portion of your services in support of BreatheStrong CF.

Get Kids and Classrooms Involved

Engage children or schools in service-learning projects like coin drives, read-a-thons, or movement challenges that teach giving while supporting our mission.

Partner with Your Local CF Clinic to Make a Difference

Join us in partnering with our local CF clinic to bring strength, hope, and resources directly to those who need it most. Whether you're a family member, friend, passionate community member, or a business owner, your support can help people with CF live stronger, healthier lives today.



Sizzler TO GO!

Bring the Race to Your Place with Sizzler To Go!

Sizzler To Go presented by [Vertex Pharmaceuticals](#) is the virtual option for the Big Peach Sizzler 10K & 5K, created for people who want to support BreatheStrong CF—no matter where they are. You'll get the race swag: the official shirt, medal, and bib, shipped right to your door.

Complete your race on your schedule, in your neighborhood, on a treadmill, or while traveling—wherever you are. You'll be part of a vibrant, nationwide community moving for a cause that matters: helping people with cystic fibrosis live stronger, longer lives.

- **Run or walk anywhere** – Your pace, your place, your schedule.
- **Race swag shipped to you** – Get the same awesome shirt, medal, and bib as in-person participants.
- **Support the CF community** – Every registration fuels BreatheStrong CF's mission to help people with cystic fibrosis live stronger, healthier lives.
- **Join the fun online** – Share your race day with us using #SizzlerToGo and be featured!
- **Set a goal, make it personal** – Whether it's your first 5K or your annual tradition, this is a powerful way to move with meaning.

Sizzler To Go is even more fun with others. Create a team to join you where you are!

Perfect for supporters near and far, Sizzler To Go is more than a race. Its impact in motion.

Go the distance with us and register for Sizzler To Go today!

Learn more »





ATLANTA'S END OF SUMMER CELEBRATION

Labor Day Race: September 1, 2025

- **SIZZLIN' RUNNER & WALKER FRIENDLY COURSE** follows Peachtree Road from Chamblee through Brookhaven to Buckhead
- **POST RACE BISCUITS & BEER PARTY** featuring music, breakfast from Flying Biscuit Café, beer, vendors, and more
- **SHIRT & MEDAL** for all 10K and 5K Finishers
- **FREE PARKING & EASY ACCESS TO MARTA** at both Starts
- **2026 AJC PEACHTREE ROAD RACE QUALIFIER**
- **ALL PROCEEDS BENEFIT BREATHESTRONG CF**

If you have cystic fibrosis and want to participate in the in-person race in Atlanta at no charge, contact Sizzler@BreatheStrongCF.org for a code.

Learn more >>

JOIN US AS A 2025 SPONSOR!

For information on becoming a sponsor, please email Sizzler@BreatheStrongCF.org
Click the image below to download our 2025 Sponsorship information.





SAMPLE "JOIN US" LETTER

TO OUR INCREDIBLE COMMUNITY OF SUPPORTERS:
(Customizable Sample Letter – "Helping Today" Focus)

We're reaching out with hopeful hearts to ask for your support in a mission that's deeply personal to our family: helping people with cystic fibrosis (CF) live stronger, healthier lives today.

As many of you know, our beloved [CF INDIVIDUALS NAME] lives with CF a complex genetic disease that affects the lungs and digestive system, making it difficult to breathe and absorb nutrients. Every day requires courage, discipline, and strength.

[INSERT PERSONAL PARAGRAPH ABOUT YOUR CF CHAMPION – daily routines, challenges, what inspires you about their fight, etc.]

This year, we're proud to support BreatheStrong CF, a nonprofit that's changing lives right now. While other organizations focus on long-term research, BreatheStrong CF meets the immediate needs of people living with CF providing exercise grants, critical needs (groceries and fuel) and education that makes everyday life more manageable, more active, and more hopeful.

- Through **exercise grants**, CF warriors gain access to fitness programs, gym memberships, home equipment, and adaptive sports.
- Through **BreatheStrong+**, they receive fitness tips, nutrition information, seasonal recipes and a sense of community to stay strong and motivated.
- And through **critical needs funding**, they help when grocery and fuel needs hit because life with CF doesn't pause for emergencies.

For [INDIVIDUAL'S NAME], this support is more than helpful, it's essential. Movement isn't a luxury it's a lifeline.

We're walking in [EVENT NAME / LOCATION] to raise funds so more families like ours can access this life-changing support. Your donation won't go to a lab, it will go directly to people living with CF, helping them breathe easier, get stronger, and live fuller lives right now.

We walk for [INDIVIDUAL'S NAME], and for every person with CF who deserves support today not someday.

Will you make an impact with us?

Join us on [EVENT DATE] at [EVENT NAME / LOCATION], or donate to BreatheStrong CF and be part of this urgent, meaningful work.

With gratitude and determination,
[YOUR FAMILY NAME]



Fundraising Checklist

Fundraiser set-up

- ☐ **Set a SMART goal:** Make it Specific, Measurable, Achievable, Relevant, and Time-bound e.g. "Raise \$5,000 by August 1."

My goal: _____

- ☐ **Choose a campaign type.** Will you host an event (run/walk, lemonade stand, in-home party, etc) or fundraise without an event?

My campaign type: _____

- ☐ **Select a fundraising platform.** DonorBox is BreatheStrong CF's web-based fundraising platform, but you can also fundraise on Meta through Facebook and/or Instagram.

My fundraising platform: _____

Build your fundraising campaign page

- ☐ **Personalize your page.** Upload photo, background, and share your personal "why". Our fundraising kit has step-by-step instructions for support.

- ☐ **Tell your story.** Add quotes, visuals, and explain how funds support people with CF.

- ☐ **Find your fundraising page URL/link** (browser address: for example: <https://donorbox.com/2025-fundraisers/xxxxx>)

My fundraising page URL/link: _____

- ☐ **Test your page and make the first donation!** Making the first donation helps you understand the donation process and shows your commitment to those you'll ask for support.

Fundraiser marketing

- ☐ **Customize social posts.** Use the templates in the fundraising kit and make them your own. Consider on which social platforms you'll share (Facebook, Instagram, X, LinkedIn, etc).

I'll post on: _____

- ☐ **Make it visual.** Add BreatheStrong CF logos/branding elements, photos, and/or videos. You can find BreatheStrong CF branding resources in the fundraising kit.

- ☐ **Customize email messaging.** Use the templates in the fundraising kit and adapt them to your story/fundraising plea.

- ☐ **Create other materials.** Create event flyers or posters based on your chosen activity. Reach out to BreatheStrong CF if you need support.



Fundraising Checklist

Share your fundraiser

- ☐ **Plan your social posts.** Be sure to tag @BreatheStrongCF. Ask at least three times. Plan several days between posts.
Date of 1st post: _____ **2nd post:** _____ **3rd post:** _____
- ☐ **Identify your network.** Consider those who care about you and/or your cause and the best way to communicate. For example: Uncle Bob / Text ; Sally at work / Email & face to face
Family members: _____
Neighbors: _____
Co-workers: _____
Friends / family friends: _____
Clinicians: _____
Local businesses you frequent: _____
- ☐ **Send emails.** Wait 4-5 days between emails and include "Reminder" in your subject line.
Date of 1st email: _____ **2nd email:** _____ **3rd email:** _____

Drive engagement

- ☐ **Use your networks.** Ask others to help you spread the word and fundraise with you! Check out the fundraising kit for template invitation emails.
I'll ask these people for help: _____
- ☐ **Gamify the experience.** Use leaderboards, peer challenges, team goals or prizes!
- ☐ **Share regular updates.** Use weekly emails, posts or texts to share progress and motivate teams.

Wrap up and follow up

- ☐ **Celebrate and thank.** Send personalized thank-you emails or handwritten notes within a few days of donations. There are template emails in the fundraising kit. For those who give on social media platforms, like and comment on their donation notifications.
- ☐ **Share impact!** Announce total raised, thank donors and explain how funds raised will support the CF community.