

STEPS TO MILES FOR MSAT

1

SET YOUR TARGET AND GET GOING!

Set yourself a target that works for you, get going with your activity and don't forget to track your miles.



2

OPEN A FUNDRAISING PAGE

Click on Start Fundraising (below) to create your page. Customise your page with a picture, story and text.



3

LOG YOUR PROGRESS

Connect your fitness tracker to your fundraising page to log your miles completed. Download how to guide below.



4

SHARE YOUR FUNDRAISING PAGE



Make sure you share your fundraising page with family and friends so that they can sponsor and support you. Help you fundraise for MSA Trust.

PUT YOUR MILES TOWARDS A WORLD WITHOUT
MULTIPLE SYSTEM ATROPHY