

Sit-Up Challenge

Your core for change

My name:

This March, I am taking on the Endeavour Foundation **Sit-Up Challenge** to raise vital funds and awareness for people with disability. My goal is to complete **100 sit-ups each day** (or core-based exercises) throughout the month. Each sit-up represents a step toward breaking down barriers and creating a more inclusive world.

But I can't do it alone—I need your support!

Your donation will:

- Fund essential work and equipment to help people with disability
- Help create opportunities in education, employment, housing, and community
- Make a real impact in the lives of those who need it most

Donate Today

Every dollar counts!

Use the QR code and help me reach my goal.

NDVR
Endeavour
Foundation

Together, we can make a difference—one sit-up at a time.