



Welcome to the GO₂ Foundation's LCAM 30 Days of Hope and Wellbeing!

Follow along with us during November! We hope with these suggestions, you can use the next month to make a little time for yourself and have fun while raising awareness for lung cancer awareness month (LCAM).

We've laid out two activity suggestions for each day – the first is either to “connect” with a friend or loved one, “share” about lung cancer, “learn” something new, “organize” your surroundings, or “explore” the world virtually. The second is either an “exercise” or a “mindful” activity.

We understand that every day is different and every person is different so these are just suggestions – do what you can when you can, even if that is laying on the floor with your feet up the wall to reset your nervous system!

Feel free to follow our recommendations, laid out below, or pick a different activity from the list at the end. You can track your journey using the included calendar – put a check mark next to the activity when it is completed!

Have fun and let us know how we can help!

We'll be completing the challenge with you so be sure to share your progress in our GO₂ in Motion Facebook group, and on your personal social media page with **#LCAM** and **#beatlungcancer** & tag us **@GO2Foundation!**



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Day 1:

Connect: Call ONE friend or family member you haven't talked to in a while and tell them what you are doing for lung cancer awareness month.

Exercise: Get Moving! *Beginner:* Walk around ONE block *Intermediate:* Walk ONE mile *Advanced:* Run ONE mile

Pro Tip: Connect your fundraising page to your Facebook. Click [here](#) to learn how.

Day 2:

Learn: Start an online course! Check out some of our favorites from [Coursera](#).

Mindful: Complete a set of belly breaths. Read [this article](#) to get started.

Pro Tip: Add a Facebook Profile frame

Day 3:

Empower: Get out and **VOTE!!!!**

Learn more about our [legislative advocacy program](#) and how you can help.



Day 4:

Explore: Watch the [Virtual Gala video](#) and RSVP today!

Mindful: Meditate for 5 minutes. Read [this article](#) to get started or view [guided meditation videos here](#).

Day 5:

Mindful: Take 5 belly breaths. Visualize a healthy and healed body and planet

Exercise: Blast some music and sweep or vacuum your house for THREE to EIGHT minutes!

Pro Tip: Clean for THIRTY-EIGHT minutes / seconds to represent the 38% 5-year survival rate we are aspiring to reach in the next 5 years.



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Day 6:

Connect: Have a virtual coffee date with a friend or coworker!

Exercise: Work your legs! *Beginner:* Complete 5 basic squats

Intermediate: Complete 10 basic squats *Advanced:* Complete 10 basic squats, 5x

Need help getting started? Watch [this video](#) to do the perfect squat

Day 7:

Share: A lung cancer fact from our [LCAM website](#)

Post your gala plans on social media and encourage your friends to join you!

Don't forget to use the hashtags, #LCAM, #beatlungcancer, #go2gala and tag us @GO2Foundation!

Day 8:

Organize: Blast your favorite song and clean out your microwave!

Exercise: Arms and core day!

Beginner: 10 modified push-ups (knees on ground) *Intermediate:* Complete 10 push-ups *Advanced:* Complete 10 push-ups, 5x throughout the day

Day 9:

Explore: [Visit a museum virtually!](#)

Mindful: Write down 5 things for which you are grateful

Day 10:

Learn: Wake up your taste buds and find a [new recipe!](#)

Pro tip: Share what you will be making or ordering in for the Virtual Gala on Nov. 14th

Mindful: Journal for TEN minutes! Accept that it is ok to be a little out of sorts right now. Write about how you're feeling and things you can do to boost your mood.

Never journaled before? Read [this article](#) to help get you started.

Pro Tip: TEN celebrates the 10-year anniversary of the Dallas, Philadelphia & Arizona 5Ks in 2020!



Illustrations by
by Kakigori

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Day 11: Veteran's Day

Learn: Visit our [website](#) to learn about veterans and lung cancer, and how your support is helping. Share with the veterans in your life.

Exercise: BREATHE Complete a virtual yoga class. [Youtube](#) offers plenty of free classes for all levels!

Day 12:

Learn: Attend the virtual [Upstage Lung Cancer concert](#) at 7pm EST.

All proceeds benefit GO₂ Foundation!

Mindful: Relax and work on an adult coloring book. [Here are some coloring pages!](#)

Day 13:

Organize: Clean out and organize THREE cabinets in your kitchen.

Exercise: Get moving! *Beginner:* Pick your favorite song and sway to the music for THREE minutes! *Intermediate:* Pick your favorite song and get dancing! Get your heart rate up and don't stop For THREE minutes! *Advanced:* Organize a dance competition with friends and dance together for THREE Minutes!

Pro Tip: THREE celebrates the 3,000 patients and caregivers helped by the GO₂ Foundation HelpLine each year.

Day 14:

Explore: [Attend the 2020 Simply the Best XV Virtual Gala!](#)

Mindful: Meditate for 10 minutes.

Day 15:

SHARE: Post your gala photos on social media!

Don't forget to use hashtags #LCAM, #beatlungcancer, #go2gala and tag us @GO2Foundation!



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Day 16:

Connect: Write a letter of thanks to staff at a local hospital, fire department or police department.

Exercise: Work your core!

Beginner: Complete 10 crunches **Intermediate:** Complete 10 crunches, 3x

Advanced: Complete 20 crunches, 3x

Need help getting started? Watch [this video](#) to do the perfect crunch.

Day 17:

Learn: Visit our [LCAM website](#) for current information and social media shareables!

Mindful: Take 5 slow standing belly breaths.

Day 18:

Organize: Read [this article](#) about Marie Kondo and use your new skills to declutter your bedroom.

Exercise: Work your legs! **Beginner:** Complete 5 forward lunges with each leg

Intermediate: Complete 10 forward lunges with each leg, 2x **Advanced:** Complete 10 forward lunges with each leg, 5x

Need help getting started? Watch [this video](#) to do the perfect lunge.

Day 19:

Learn: Find NINETEEN words in a [crossword puzzle](#).

Mindful: Complete NINETEEN belly breaths.

Pro Tip: The number 19 stands for the current 19% overall 5-year survival rate

Day 20:

SHARE: Post a lung cancer awareness fact and your fundraising progress on social media. Don't forget to use hashtags **#LCAM**, **#beatlungcancer**, **#go2gala** and tag us **@GO2Foundation!**



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Day 21:

Connect: Call a friend to check in.

Exercise: Work your arms! *Beginner:* Complete 10 modified push-ups (knees on ground) *Intermediate:* Complete 10 push-ups *Advanced:* Complete 10 push-ups, 5x

Day 22:

Learn: Watch a video to learn a new skill! Knit, paint, cook, guitar – so many options available via [Youtube](#) and [Skillshare](#)!

Mindful: Write down 5 things you are thankful for.

Day 23:

Organize: Attack your messy desk – get rid of papers and organize your filing system!

Exercise: Get Moving! Complete a virtual yoga class- find one on YouTube.

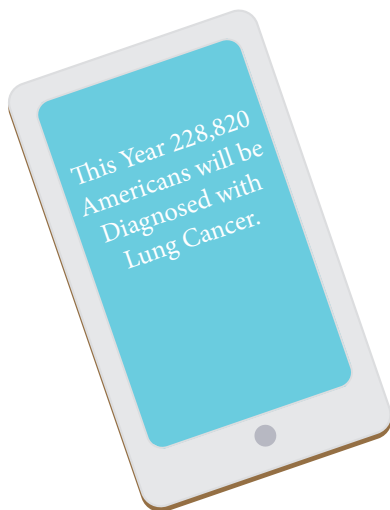
Day 24:

Explore: Watch a [virtual Broadway show](#).

Mindful: Meditate for 10 minutes.

Day 25:

SHARE: Post a [lung cancer fact](#) on social media! Don't forget to use hashtags #LCAM, #beatlungcancer, #go2gala and tag us @GO2Foundation!



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Day 26: HAPPY THANKSGIVING!!

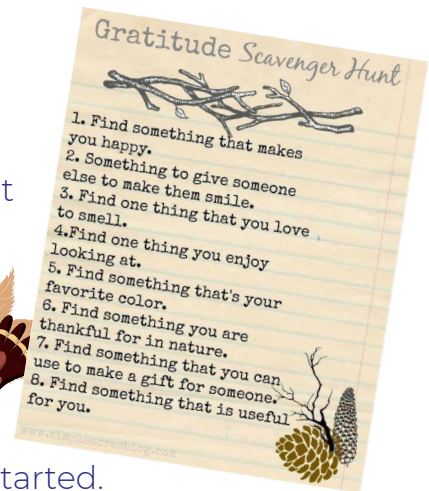
Connect: Challenge others to a Gratitude Scavenger Hunt

Exercise: Get Moving before the big meal!

Beginner: Walk FIVE blocks

Intermediate: Walk FIVE miles

Advanced: Run FIVE miles



Day 27:

Learn: Watch a documentary! [Here are some](#) to get you started.

Mindful: Journal – write down 5 things you are thankful for.

Day 28:

Organize: [Feng shui](#) your furniture! Your space should make you feel calm, energized and ready to take on the day.

Exercise: Work your core! Complete 5-10 crunches in the morning and afternoon

Day 29:

Prepare: Get ready for Giving Tuesday by updating your fundraising page with why you are supporting GO₂ Foundation. Click [here](#) for ideas.

Mindful: Relax and take five seated belly breaths

Day 30:

SHARE: your fundraising page on social media or via email and encourage your friends to donate to you for Giving Tuesday tomorrow! Don't forget to use hashtags #LCAM, #beatlungcancer, #go2gala and tag us @GO2Foundation!

THANK YOU for joining us this November
for Lung Cancer Awareness Month's
30 Days of Hope and Wellbeing!



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Want to replace an activity from above?
Here are some suggestions!

Connect

Virtual Game with a friend - Houseparty App, Ellen Games

Check in on a loved one or neighbor

Call or video call a friend

Have a virtual coffee break, lunch or happy hour with friends or coworkers on Skype, Discord App or Zoom

Write a letter to someone who needs it (healthcare professional, local firehouse, retirement community, garbage collector, etc)

Lego Challenge with kids

Volunteer virtually with Smithsonian or National Archives

Learn

Take a free online course! Listen to a podcast Listen to an Audio Book

Read a new book - NPR Books, NY Public Library, Libby and Overdrive (Libby and Overdrive are apps that allow you to use your library card to rent an e-book from the library)

Create a virtual book club with friends Complete a crossword puzzle

Watch a video to learn a new skill - Skillshare Free or Youtube Watch a documentary about a subject you find interesting Learn a new language

Watch a documentary



Want to replace an activity from above? Here are some suggestions!

Organize

?? minute clean sweep or Swiffer to music

Clean kitchen cupboards

Rearrange furniture- Feng Shui

Attack your messy desk, get rid of unnecessary papers and create a better filing system

Organize by following the Marie Kondo method and learn how to implement it.

Clean your microwave

Clean out your closet – donate old clothes Clean out your garage

Dust your floorboards Dust your lamps Clean your bathroom

Explore

Virtually tour a National Park Visit museums and historic sites Virtual Broadway Shows

Virtual Opera Performances Attend a livestreamed concert Visit the National Aquarium Visit a Haunted House

Visit the Australia Zoo

Complete a puzzle with an image of someplace you'd like to visit

Create a photo album from a past trip

Order takeout from a new or favorite restaurant Cook a new recipe



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Want to replace an activity from above? Here are some suggestions!

Exercise

Run/Walk

Dance Party-X minutes Crunches / sit ups Push ups

Lunges Planks

Pilates - Youtube Shadow Boxing Squats

Yoga - Yoga With Adriene, Yoga Journal Walk dog

Take a hike or walk in nature

Mindful

Meditate: Get Started, Guided Meditation Videos Tai Chi

Belly Breaths

Adult coloring: Crayola, NY Academy of Medicine, What Mommy Does Blog

Write down 5 things you are thankful for

Journal

Gain Perspective on Negative Events

Learn to calm your nerves with this podcast

Complete a body scan meditation

*Want to turn one of the challenges into a fundraising activity?
Click this link to see more fundraising ideas!*

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