

5 Tips For Move Your Phi't Events

- 1. Plan an event for your target audience** — Does your campus love soccer? Alpha Phifa may be the way to go! Do students love running in the nearby nature park? Let's plan a 5K! Optimizing your attendance by capitalizing on the interests of your campus is beneficial.
- 2. Dance it out** — Does your campus host a dance marathon? Consider collaborating with its current hosts! If your campus does not have an annual DM, start your own! A dance marathon is a fun and easy way to get hearts pumpin' and the whole campus involved!
- 3. Safety first** — If you plan to use the university's gym or fields, be sure to look carefully over any university-sanctioned waivers or liability agreements with an advisor. It's important to make sure your chapter and participants are protected if an injury were to occur. Speak with your Vice President of Health, Wellness, and Accountability on any Alpha Phi Fraternity policies or waivers necessary for the event! You'd rather be safe, than sorry!
- 4. Partner with a local fitness club** — Partner with local businesses and nearby gyms to host a fitness class on-campus or at their gym/studio! Popular classes like barre, hot yoga, and spin are great ways to get your sisters, peers, and local communities involved. These events may also help bolster your partnership with local businesses!
- 5. Become a bracket expert** — Think through all of the game logistics beforehand. Organize your rosters, brackets, and/or schedules prior to the event. Have a plan for last minute team and participant sign-ups and/or drop-outs. If you're not sure how to run a bracket, ask for help! There is bound to be plenty of fantasy football fans on campus.

Move Your Phi't events are a great way to incorporate heart-healthy activities into your philanthropy events! Host them on their own or as a part of a Heart Health Week to promote an active lifestyle and fundraise for Alpha Phi Foundation.

ATHLETIC EVENT IDEA BANK

5K Run/Walk
Alpha Phifa
Fast Phi't Race
Phi Ball
APhi Bowl
APhi Golf Open
Trampoline-a-thon
Hoops for Heart
NBA-Phi
Fitness classes
Dance-a-thon
APhi Putt-Putt
Phi-SPN
NBA 2K Competition
Phield Games
Teeter-totter-thon
Phreestyle Relay

Ready to share your event with Alpha Phi Foundation?
[Submit your event today!](#)