



**DIABETES
CANADA**

LACE UP
TO END DIABETES

Rally your team for Lace Up

Every September, thousands of Lacers from coast-to-coast-to-coast take the **#LaceUpYourWay** challenge to raise funds and awareness for Diabetes Canada.

Together we make a daily habit of walking, running, riding, or moving to support the 1 in 3 people across Canada affected by diabetes or prediabetes.



What makes Lace Up unique



Accessibility: Anyone at any fitness level or ability can join Lace Up. You pick the activity and you set your goals for distance or daily streak!



Community: Lace Up unites people from both the T1D and T2D communities. We cheer you on with inspirational stories and diabetes education as you share your journey and earn fundraising rewards.



Flexibility: As a hybrid event, you can decide if you want to do activities together in-person, or remotely through the Lace Up app.

laceup.diabetes.ca

Level up your Lace Up

Whether you want to start a team with family and friends, or join on your own, there are plenty of ways to Lace Up.



Go the distance: Choose your favourite endurance activity and track how many kilometres you move on the Lace Up app. Join the 10k, marathon, or 100k challenge!



Start a daily streak: See how many days-in-a-row you can get moving. Challenge yourself with the 30 day challenge on the app.



Host a game day or event: Fundraise with tickets to go head-to-head in your favourite sport, or put on a fitness event at your local facility, park, or studio.

Join the movement today

Scan the QR code below to learn more and join us for Lace Up 2023.

Learn more at laceup.diabetes.ca or connect us at laceup@diabetes.ca.

