

# United Way GetUP Challenge (Nov 1-Nov 14)

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We are hoping to get a few participants together to form an FCET crew to raise money for United Way in the upcoming [GetUP Challenge!](#) The challenge runs from November 1- 14 and we will be joining Team Seneca but fundraising individually. We hope that you will join me and our Dean, [Danielle Mercier](#) , in this challenge!

#### The challenge:

- All you have to do is GetUP and move your body for 280 minutes (that's the number of frontline community agencies United Way supports across the GTA). And the activity is all about YOU! You get to pick the activity: running, jumping, skipping, dancing, biking, yoga—anything goes! It's your chance to get your heart pumping, show some local love and raise funds to help fight local poverty.
- Make GetUP your own. How you get your 280 minutes in is up to you! You can do it all at once, commit to 40 minutes a day for seven days or spread the challenge out over two weeks by doing 20 minutes a day.

#### How to register:

1. If you are interested in being part of an FCET crew, register for the challenge by clicking on Join Team [HERE](#).
2. Then, please email [Rosemare.Mariyaseelan@senecacollege.ca](mailto:Rosemare.Mariyaseelan@senecacollege.ca) so we can send our names to Advancement to form a crew. They will announce it at their [United Way Halloween event tomorrow at noon](#).

Once you've registered, share your donation page with your friends and family to raise funds, and start the challenge next week!

tags : fcet, teamfcet