



Research / Education / Support

HEREDITARY SPASTIC PARAPLEGIA
PRIMARY LATERAL SCLEROSIS
sp-foundation.org

August 25 – 31, 2019



HSP/PLS

Awareness Week

A Daily Guide

Sunday

August 25

Kickoff! Virtual 5K



How to do a 5K (3.1 miles)

1 hour of activity = 1 mile



You may: walk around a mall
walk in your neighborhood
ride a stationary bike
use a stair-stepper
use a treadmill
use an elliptical



Additional Ideas . . .

Or You May:



stretch or exercise



or even go to
Physical Therapy

Monday

August 26

Share Your Favorite
Workout Song on
Facebook
#hspandpls



Tuesday

August 27

Share Your Story

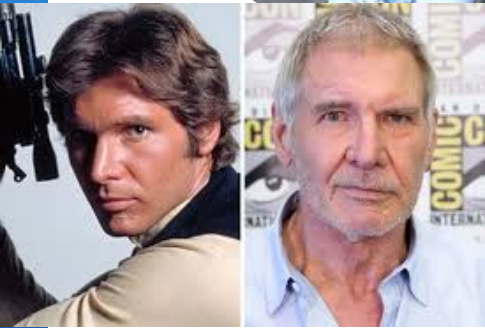
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Pay It Forward



Wednesday
August 28



Then



and Now



Thursday

August 29

Share Your Favorite Quote or Wish

"What we learn with pleasure, we never forget."

--Anonymous



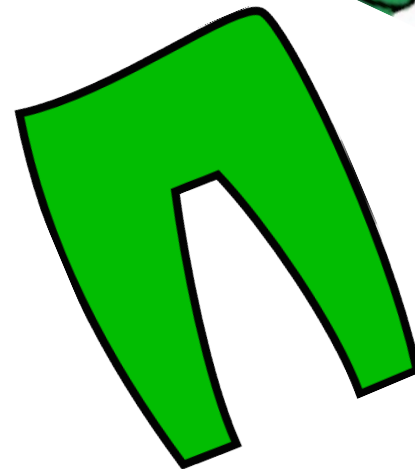
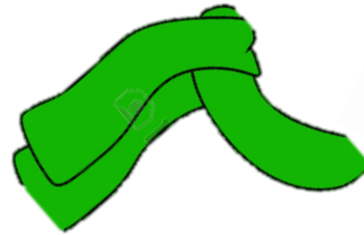


Friday

August 30



Wear Your
SPF Swag
(or Anything
Green)





Saturday
August 31



Celebrate Completing
Your 5K!



The End

SPF **SPASTIC
PARAPLEGIA
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