

# Dare to Bust A Move

## Take the “Dare to Bust A Move” Challenge

We need you to *Dare* or even *Double Dog Dare* your friends and family members to “Bust A Move” and help increase awareness of Limb Girdle Muscular Dystrophy (LGMD).

Then video and post your “Best Move” to social media.

By now, you probably know how these challenges work...

So, get out your camera and move those muscles – whether it is dancing, basketball, riding a bike, water skiing, juggling or whatever talent you can showcase with your healthy muscles! Then challenge your friends to do the same.

We need your assistance to help the Dare to Bust A Move challenge go viral!

To help with the process, we even have [two sample scripts](#) prepared to help you get started.

### We invite you to:

- Take the Challenge to raise awareness AND help **fund raise** for much needed LGMD research and services. (Donations can be accepted through this website – just select the [LGMD focused organization](#) of your choice)

– or –

- Take the challenge to solely increase awareness of LGMD.

If you are interested in helping to fund raise for LGMD specific research and services, please see our [list of LGMD](#)

[focused organizations and foundations.](#)

**DONATE NOW**  
Towards LGMD Research & Support

# Lets Go...Move...Dance...

## To increase awareness of Limb Girdle Muscular Dystrophy!

**DARE To... "BUST A MOVE" for Limb Girdle MUSCULAR DYSTROPHY**



Video your best "Move" - post it to social media & dare friends to help raise awareness of Limb Girdle Muscular Dystrophy (LGMD)!

**LET'S GO ... MOVE ... DANCE**

[www.facebook.com/LGMDAwarenessDay](http://www.facebook.com/LGMDAwarenessDay)    [www.LGMD-Info.org](http://www.LGMD-Info.org)

***Take the challenge today!***

**#DAREToBUSTAMOVE CHALLENGE**

To increase awareness of Limb Girdle Muscular Dystrophy (LGMD)

**LETS GO... MOVE... DANCE...**



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# #DareToBustAMove

