



**No Running Required!**



**“The You Matter Marathon reminded me the world could be kind. The impact this has is otherworldly.”  
– Brooke**

### **The You Matter Marathon**

No running required!

The You Matter Marathon is creating and enriching positive connections within and between individuals and communities by inviting people to share You Matter cards with others.

Over 182,595 people from all 50 states and 83 countries have shared more than two million cards.

The results are astounding. 61% of participants report that they achieve a greater sense of gratitude and enhanced connection with others. 51% report enhanced compassion for others; and 50% achieve enhanced levels of personal happiness. The lesson? One small gesture and two small words can help forge connections and spread kindness, compassion, and happiness.

Get your 30 free You Matter cards today.

**YOU MATTER**

### **How You Can Participate**

1. Sign-up! Go to [youmattermarathon.com/](http://youmattermarathon.com/).
2. Participate as an individual or as an ambassador for a group like a school or business.
3. Consider being one of our sponsors and receive significant gifts and benefits.
4. All individuals who sign up will receive 30 free You Matter cards (while supplies last).