

Make-A-Wish® Challenges You!
Support the Make-A-Wish
#ArmWrestleChallenge

April 9-30

WWE SUPERSTAR
JOHN CENA

The **Make-A-Wish #ArmWrestleChallenge** kicks off in April as part of our World Wish Day® campaign, raising awareness and funds online to help grant the wishes of children diagnosed with critical illnesses. A wish experience can give kids the mental toughness they need to fight their illness.



WISH KID
FABIAN

How do I participate in the Make-A-Wish #ArmWrestleChallenge?



1

ACCEPT

Accept the challenge!



2

RECORD

Take a video or photo of you and an opponent arm wrestling with a plate of something sticky on each side (that will hopefully end up on your opponent!).



3

GIVE

Have the loser make a donation to Make-A-Wish to help grant wishes for kids who have critical illnesses OR have the loser agree to double whatever the winner donates. Donate at wish.org/challenge.



4

UPLOAD

During April 9-30, upload your photo/video to your favorite social media platforms using #ArmWrestleChallenge and tag Make-A-Wish (social handles below). Then, challenge and tag at least three of your friends, fans, or followers to do the challenge with a sticky penalty of your choice.

NOTE - Donation is not required.

You may also challenge people you'd love to see arm wrestle each other. No sticky penalty is required, but it makes it more fun!