

# Fill the Boot<sup>®</sup>

## A Partnership for Strength, Independence & Life

Every day, kids and adults are diagnosed with muscular dystrophy, ALS and related life-threatening diseases that take away their ability to walk, run, hug, dress themselves, talk and even breathe. There are currently few treatments and no cures.

The Muscular Dystrophy Association is working to change that by helping to free individuals — and the families who love them — from the harm of muscle-debilitating diseases that take away physical strength, independence and life.

### What is Fill the Boot?

Through MDA's spirited Fill the Boot program, dedicated fire fighters go above and beyond the call of duty to help families in hometowns across America live longer and grow stronger. More than 100,000 dedicated fire fighters hit the streets and neighborhood storefronts asking pedestrians, motorists, customers and other passersby to make a donation to MDA, helping them fill their boot with contributions.

The first Fill the Boot was held in Boston in 1953 where fire fighters raised \$5,000 for MDA. Last year, fire fighters raised more than \$24 million at more than 1,600 Fill the Boot events to save and improve the lives of MDA families.



### How do Fill the Boot donations change lives?

Every coin and every dollar placed in a fire fighter's boot for MDA helps families living with muscular dystrophy and related diseases today. Here's how:



Your donation funds groundbreaking research across diseases to accelerate treatments and cures. Currently, MDA is funding more than 150 research projects around the world thanks in part to Fill the Boot donations.



Your contribution helps MDA care for kids and adults from day one at multidisciplinary MDA Care Centers across the country where experts provide early diagnosis, the highest quality of care and access to clinical trials.



Fill the Boot donors help empower families with services and support in hometowns across America by funding trained information specialists who are available to offer one-on-one help, free summer camps for kids where they enjoy "the best week of the year," support groups, equipment assistance, advocacy and public policy efforts, and more.

### About MDA

MDA is leading the fight to free individuals — and the families who love them — from the harm of muscular dystrophy, ALS and related muscle-debilitating diseases that take away physical strength, independence and life. We use our collective strength to help kids and adults live longer and grow stronger by finding research breakthroughs across diseases; caring for individuals from day one; and empowering families with services and support in hometowns across America.

**MDA is here to help.**



[mda.org](http://mda.org)  
**#FilltheBoot**  
Muscular Dystrophy Association