

IT'S GAME ON

to beat muscular dystrophy



GET YOUR GAME ON IN 5 EASY STEPS

Welcome to a mission like no other. It's game on to beat muscular dystrophy. Your instructions are below, good luck!

1. Choose which console or PC you are going to play on and sign up to Twitch and Tiltify so that you can livestream your gaming sesh to friends and supporters.

Follow the links below for more information:

- [Stream on an Xbox One with Twitch](#)
- [Stream on a Playstation 4 with Twitch or YouTube](#)
- [Stream on a PC with OBS Studio](#)
- [Streaming with a Nintendo Switch requires a PC](#)
- [Tiltify](#)

It's a good idea to have a camera on yourself as well as your gameplay. It will be much more fun for your viewers!

2. Create your challenge and choose your date. You could set up:

A gaming marathon

Set a hardcore time length that you will play a game non stop for (we recommend doing this playing multiplayer with friends). 12 Hours, 24 Hours!? It's harder than it sounds.

A Gaming Tournament

Set up a multiplayer competition amongst your friends, family or colleagues to see who will be crowned the ultimate gaming champion. Set a suggested donation entry fee to take part – you might want to also try and find a prize for 1st place, or just simple gloating right might be enough!

Choosing the right game is important for tournaments, something like FIFA works really well for this.

Speed Runs

Stream yourself playing through your whole video game or a selected part of it (such as a single level) as fast as possible.



Top Tips:

Mix it up - Keep your stream viewers engaged, mix the game up. You could change the gameplay settings – like changing the difficulty level, playing with no power-ups or inverting the game controls. You can read more ideas on keeping your livestream fun here: <https://restream.io/blog/fun-live-stream-ideas/>

Get Creative – If your chosen game is creative, like Minecraft – or has a level creator, why not recreate the MDUK logo in game. Or make your character wear MDUK orange.

3. Plan which game or games you'll play and the crack team you'll assemble.

The possibilities are endless and entirely up to you, but having a rough plan of which game and if you'll play more than one game during your challenge is a good idea as it keeps your stream structured and helps create an experience which will be easier to promote to friends and family. If you are planning to do a gaming marathon, make sure there is enough gameplay to keep you and your viewers interested for the time period (like an open world game).

Taking on your 'Game on' challenge with friends, family or colleagues is a good idea, particularly if you're planning on a lengthy gaming marathon or a gaming tournament. They can help share your fundraising target and invite people they know to watch your Twitch. People in your team could dip in and out, or stick with you for the length of your challenge.

Top Tip: Do a short practice run at least a day before with your team, to pick up any tech glitches

4. Promote your event to friends.

Use WhatsApp, Instagram, Twitter, Facebook or LinkedIn to share your gaming challenge and JustGiving page. Direct asks on apps such as Whatsapp are usually successful.

Don't forget to tag MDUK in your social posts too.

- Twitter: @MDUK_News
- Instagram: muscular dystrophyUK
- Facebook/LinkedIn: Muscular Dystrophy UK

5. It's Game on!

It's time to take on your mission. Make sure you plan to eat and drink things that are healthy and will give you energy whilst gaming and don't forget to take regular breaks.



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**Muscular
Dystrophy UK**

Fighting muscle-wasting conditions

