"#StrongArmSelfie" is simply a photo of yourself flexing your bicep posted on social media. When you post a #StrongArmSelfie you’re showing support for our community of fighters, the “One Million Strong.” Plus - you’re raising awareness of colon and rectal cancers! Each post, retweet or share of a #StrongArmSelfie sends $1 to Fight CRC! What are you waiting for? Let’s see your strength!

Snap it. Tag it. Post it.

Note: Please post a photo on our page's wall if using Facebook.

FLEX IT. CURL IT. SHOW US WHAT YOU’VE GOT.