



Methods of Giving

There are many ways to make charitable contributions to benefit the American College of Sports Medicine (ACSM). Cash giving is one, but there are other options that you might find even more attractive.

Please be advised that our correct legal name for bequests is **“The American College of Sports Medicine Foundation, a not-for-profit corporation organized under the laws of the state of Indiana and located in Indianapolis, Indiana.”**

- Gifts of Cash** Make checks payable to the ACSM Foundation and mail to the foundation at: P.O. Box 1440, Indianapolis, IN 46206-1440.
- Gifts of Securities** Mail or deliver gifts of stock to the foundation office. Contact the foundation office for specific instructions.
- Gifts of Real Estate** These gifts are negotiated and approved through the ACSM Foundation. Contact the foundation for the special requirements for gifts of real estate.
- Gifts-in-Kind** Gifts of material or equipment require special handling. Contact the foundation before you make a final decision.
- Deferred Gifts** Deferred gifts include:
1. Bequests through a will or trust
For specific language, please contact the ACSM Foundation office, either personally or through your attorney or financial advisor.
 2. Gifts of Life Insurance
 3. Life-Income Arrangements
 - a. *Charitable Remainder Trust*. Each year you receive a fixed dollar amount or a percentage of the annually redetermined value of the trust.
 - b. *Charitable Gift Annuity*. Each year you receive a fixed dollar amount. Part of your income is tax-free.
 4. Retained Life Estate in a Residence or Farm
You may deed to the foundation a personal residence or farm and retain the full rights to live on the property for your life.
 5. Retirement Plan Contributions
Gifts of retirement plan assets may offer significant tax savings. It is also possible to create a life income arrangement with the assets. Careful planning with your own advisor is essential.

All negotiations are handled by the ACSM Foundation. Please contact the foundation to learn how a deferred gift might fit into your own plans.

American College of Sports Medicine Foundation
P.O. Box 1440, Indianapolis, IN 46206-1440
Phone: (317) 637-9200
Visit our Web site at: <http://www.acsm.org/foundation>