

Our Top 10 Fitness Tips

As you embark on your 30-Day Fitness Challenge, call on some of our tried and tested exercise tips, and there's a good chance you'll make it all the way to May 31 not only smashing your fundraising goals, but feeling stronger, fitter and happier as a result of your journey!

1 DEVELOP A MANTRA

On days where exercising seems more challenging than usual, having a mantra in your back pocket can make all the difference.

What motivates you? What fires you up?

It could be a short phrase like "I can and I will!" or maybe something to remind you of the cause "I'm doing it for those who can't".

2 GET IN THE ZONE

Try saving a music playlist for the toughest sessions, listening to those sacred pump-up songs will feel like a treat. Another mental trick worth trying is to pick a fellow runner, cyclist or walker, or a landmark in the distance and imagine they are pulling you along like a magnet. It sounds odd, but take our word for it, it works!

3 TAKE A BUDDY

Exercise is almost always more fun with company. If a session is shaping up to be a tough one, grab a buddy to join you - having that extra motivation is critical. If a buddy isn't possible, consider a Zoom call with a friend and get moving together!

4 USE A REWARD SYSTEM

Do you lose momentum towards the end of your walk, run or ride? Start thinking of ways to treat yourself once you're done. For example, if you make it another 5 km, shout yourself a coffee. For each additional km, raise the reward.

5 GOOD NIGHT!

Getting the right amount of quality sleep is the most critical thing you can do for health and fitness. Even the smallest changes can make a huge difference. Here are some pointers that will help to get you well on your way to Slumberland!

- Keep a regular sleep schedule. Try to wake up and get up at the same time.
- Put away the phone, tablet, or computer at least an hour before bed. Ideally leave them out of the bedroom altogether.
- Set a routine of stretching or reading to relax and wind down in the hour before you hit the hay.

6 HYDRATE!

Hydration is fundamental to boosting recovery and performance and plays a significant role in repairing our muscles (which are actually 75% water) damaged during exercise. The power of post-workout and daily hydration is key to unlocking optimal performance. There are many different opinions on how much water you should be drinking every day. Health authorities recommend about 2 litres per day. When exercising regularly, aim to increase this to a litre of water each day for every 25kg of body weight, for peak performance!

