

# STRIDE OUTSIDE

**TAKE 30** FOR BETTER MENTAL HEALTH

SEPTEMBER 2025



## Join the Stride Outside Challenge

Take 30 minutes outside doing an activity of your choice for 30 days. Embrace the outdoors for enhanced mental health and raise funds for community mental health services.



Register for  
FREE now.

[strideoutside.com.au](https://strideoutside.com.au)