

STRIDE OUTSIDE

TAKE 30 FOR BETTER MENTAL HEALTH

SEPTEMBER 2025



Join the Stride Outside Challenge

This September spend 30 minutes outside daily doing an activity you enjoy. Enjoy the mental and physical benefits of connecting with the outdoors and raise funds for Stride's mental health services.



Register or
Donate today

strideoutside.com.au



TAKE 30 FOR BETTER MENTAL HEALTH

Join or support the Stride Outside Challenge

Stride Outside is a free, inclusive 30-day outdoor challenge. It encourages people of all ages and fitness levels to spend 30 minutes a day outdoors for 30 days, and raise funds better for mental health.

WHAT IS THE CHALLENGE?

We're challenging everyone to spend 30 minutes outside every day for 30 days. You can do anything you enjoy – walk, run, read, garden, whatever gets you outside and feeling good. It's completely free, inclusive, and open to everyone.

By participating, you'll help raise money to enhance Stride's mental health services in our community and improve your own wellbeing. It's a win-win!

WHY STRIDE OUTSIDE?



Boost your wellbeing: In 2024, participants reported a 34% improvement in their wellbeing scores at the end of the 30 day challenge.



Fundraise for a cause that matters: All donations support Stride's community mental health services and programs.



Be part of something bigger: Join solo or form a team with friends, family or work colleagues.

HOW CAN YOU JOIN OR SUPPORT THE STRIDE OUTSIDE CHALLENGE?

Registrations are now open, with the challenge running throughout September. You can sign up as a workplace, a team, or an individual.

Let's get out there, enjoy the fresh air, soak in the vitamin D and make a positive impact together.

Visit strideoutside.com.au to register or donate.



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