

# STRIDE OUTSIDE

TAKE 30 FOR BETTER MENTAL HEALTH

## Take 30 minutes outside each day for 30 days.

Whether you're strolling, sitting, or just breathing, spending time outside is proven to improve your mental wellbeing.



Join the challenge.  
Sign up now.

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

# Dare to make a difference.



## About Stride Outside

Stride Outside is a nationwide fundraising challenge encouraging people to spend 30 minutes outdoors every day for 30 days to improve their mental wellbeing.

This year, Stride Outside will play directly into the stigma associated with stopping for a mental health break, by issuing a simple challenge: dare to rest. It's the act of choosing a gentle float in the pool while others race for personal bests. The freedom to stroll without a destination, or the quiet rebellion of not checking your emails while on a walk.

The challenge engaged hundreds of participants last year, raising over \$43,000 that went towards resources and vital equipment that supports the wellbeing of the people you support throughout Australia.



## Join us

Prioritise your wellbeing and raise vital funds to support the mental health programs. Visit [strideoutside.com.au](https://strideoutside.com.au) and join today.



Stride Mental Health is a registered charity with Deductible Gift Recipient (DGR) status, all donations over \$2 are tax-deductible.