

## *Walk My Way* Walkers' email #2



Dear Friend,

### **Thank you!**

You're part of a team of more than 100 Walkers who want to change the world one step at a time...

...and with more Walkers signing up every day, it's shaping up to be another fun, challenging, and exciting *Walk My Way!*

You might already be going great guns with your fundraising.

Or you might be yet to get started.

Don't worry if you're in the second group – it's definitely not too late! Why not send your fundraising page to just two friends right now to get some momentum going??

1. To share on Facebook, simply go to your fundraising page (emailed to you when you registered) and click on the Facebook icon.
2. To share via SMS or email, simply copy and paste the link of your fundraising page.

(If you're still unsure how to share your page, please don't feel shy to call me for help 😊)

## **Let's get physical!**

Walking 26kms requires preparation. Thankfully, Personal Trainer Matt Lanzon is here to help (husband of ALWS Program Officer Hayley Lanzon).

Matt has put together [two training programs](#) for you. Simply choose whichever suits you best – or do them one after the other!

Matt also shared his top 5 tips for getting ready to Walk:

1. Drink plenty of water in the days leading up to the Walk.
2. Eat plenty of carbohydrates in the days leading up to the Walk.
3. Make sure you have a comfortable pair of walking shoes that are properly worn in.
4. Make sure to get plenty of sleep the night before the Walk.
5. Bananas are a great source of energy!

## **Hahndorf Lutheran Historical Walk**

Even with Matt's help, not all of us can walk 26kms.

That's why we've organized a 90-minute guided [Historical Walk](#) around the key Lutheran sites of Hahndorf (including a 'secret' Lutheran church!). The route is suitable for wheelchairs, walking frames and prams.

You might like to invite a family member or friend to join you for our German Farmhouse Breakfast, Opening Ceremony, and then the Walking Tour as you begin your 26km trek. Please note that places are limited and registrations are essential – so get in quick!

Remember: I'm here to help – no question is too small or too silly. Simply call or email me.

Thanks for stepping up!



Kirra, on behalf of the Walk My Way team  
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PS: You might have noticed the posts on our [Facebook page](#) on why some Walkers have decided to do *Walk My Way*. We'd love to know why YOU'VE decided to walk! Simply email me a few sentences, along with a photo of yourself you're happy to share, and we'll share your response on Facebook to encourage others!