

Walk My Way – Sunshine Coast Walkers' email #2

To: all Sunshine Coast Walkers
From: walkmyway@alws.org.au
Date: 21 June 2019
Subject: your FREE Walk training programs!



Dear Friend,

Thank you!

You're part of a team of more than 421 Walkers around Australia 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?? (Not sure how? [Click here](#))

Let's get physical

Walking 25kms 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!

Make your Walk My Way weekend EXTRA wonderful!

Walk My Way starts at the bright and early time of 6.30am...

...so why not stay the Saturday night at Luther Heights Youth Camp in Coolum – and get the good sleep Matt recommends!

The lovely people at Luther Heights are offering bargain accommodation for \$22/person for all Walkers. [Book your bed here](#)

With a bargain bed and the *Walk My Way* Big Burst Brekkie, you're all set for a fabulous weekend break!

Remember: we're here to help – no question is too small or too silly. Simply call the Walk Hotline on **1300 763 407** or email us at alws@alws.org.au

Thanks for stepping up!



Kirra, on behalf of the Walk My Way team
walkmyway@alws.org.au

PS: 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!