

CBHS Can4Cancer Fit Steps

Your virtual
training partner



Can4Cancer
Changing lives, ending cancer



Welcome to CBHS Can4Cancer FitSteps!

We're thrilled to have you on board! As your virtual training partner, we'll provide you with exclusive tips, recovery guidance, a walk training plan, and support to get you to the 21km finish line. Whether you're a seasoned road warrior or a first timer, get ready for an adventure!

Last year, thanks to epic heroes like you, Can4Cancer raised over \$2 million to help fight cancer. This year, we're taking it to the next level, and we know you're gonna bring the heat!

As a big thank you for joining Fit Steps, your free **21km walk training plan** is included below. It will help to equip you with the tools and knowledge to conquer the 21km finish line on the day. Because let's be real, walking 21km is no joke (and neither are sore feet)!

Download

your training guide here



Share the sweat, the triumphs, and all the fun moments with #Can4Cancer so we can cheer you every step of the way.

But wait, there is more! Don't keep this to yourself, share the plan with your teammates and invite them to join Fit Steps by registering [here](#).

Now, hold tight! In our next email, we'll dive deep into the nitty-gritty of body care and recovery after your training sessions.

Exclusive Wellbeing Partner



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