

# CBHS Can4Cancer Fit Steps

Your virtual  
training partner



## Fit mind, Fit Steps: Training your brain for success!

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Are you ready to conquer mental challenges and achieve greatness in your upcoming epic 21km walk? Your mental wellbeing is just as important as your physical health, and we're here to help you prioritise it every step of the way.

Let's dive into some valuable tips and strategies to stay positive, motivated, and mentally strong throughout your training and the big event.

### Embrace the power of positivity:

- Celebrate your accomplishments along the way. Take pride in starting your Fit Steps journey and acknowledge each milestone reached. Tick off those first 5kms from your training plan that you've achieved so far!
- Foster positive self-talk. Remind yourself of your capabilities and affirm that you have what it takes to complete this challenge.
- Connect with your underlying motivation. Whether it's raising funds for cancer research, honouring a loved one, or achieving personal fitness goals, keep your 'why' in mind as a powerful source of motivation.
- Fuel your spirit with uplifting music that gets you moving and grooving.
- Tune in to motivational podcasts or your favourite shows that inspire and brighten your mood.
- Immerse yourself in the beauty of your surroundings. Take a moment to appreciate the views and let nature's serenity boost your spirits.

# Fit Steps playlist

Click here to follow the  
CBHS Can4Cancer playlist on Spotify



## Building mental endurance:

- Anticipate mental hurdles as you approach the halfway mark. For walkers, it might be the 10km milestone. Be prepared for these challenges.
- Reconnect with your reasons for participating. Reinforce your motivation and stay focused on your goals.
- Seek support from fellow walkers. Their encouragement can provide a much-needed mental boost.
- Maintain a positive internal dialogue. You've got this! You're well prepared and can trust in your abilities.
- Welcome the opportunity to recognise any mental blocks and empower yourself to tackle them head-on!
- Obstacles are part of every journey - embrace them! Use strategies to overcome them, for example, if you're feeling fatigued, slow down, recharge and take it one kilometre at a time.
- These are your Can4Cancer goals and achievements, so try to avoid comparing yourself to others.

## Stay positive, stay strong!

With the right mindset, you can overcome any challenge that comes your way. Each step brings you closer to the finish line, and together we can change lives and end cancer!

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## Exclusive Wellbeing Partner



**Can4Cancer**  
Changing lives, ending cancer



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