

# CBHS Can4Cancer Fit Steps

Your virtual  
training partner



## Fit Steps top podcast picks!

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In our last Fit Steps email, we talked all about how staying in a positive mindframe can help with your training and event endurance. Research shows that music during physical activity has [work-enhancing effects](#). It can both delay fatigue and lessen the perception of how fatigued we feel.

Podcasts are also a great way to become so absorbed in a story or subject that the minutes just fly by. We've put together a list of our staff favourites which can help you to escape the grind of training.

### Escape, be inspired

or learn with CBHS' Can4Cancer  
podcast picks



#### Seize the Yay

A lawyer turned funtrepeneur Sarah Davidson interviews some of the world's most inspiring entrepreneurs and personalities on how they find their "yay", whether it's through work, rest or play, and any other pearls of wisdom they have along the way.

## The Healthy Hustlers

With health and wellness values at our core, of course we loved this one. What it's about: Australia's leading health and wellness podcast, these interviews give insightful and practical tips on living a healthy life and balancing the hustle.

## TRAINED by Nike

This fits the bill if you're looking to keep the fitness theme alive! What it's about: Greatness isn't born, it's TRAINED. Nike host Ryan Flaherty interviews elite athletes, scientists, nutritionists and more about the different aspects of training and achieving in sport and fitness.

## 7am (Swartz Media) or ABC News Daily

Early morning training scheduled? Listen to 7am or ABC News Daily to start your day informed with a look at the previous day's biggest news items. The easiest way to stay informed and up to date.

## Masters of Scale

Interested in the workings of business? This one's for you. Masters of Scale is hosted by Reid Hoffman, co-founder of LinkedIn and investor at Greylock. In each episode, Reid shows how companies grow from zero to a gazillion, testing his theories with legendary leaders.

## Side Hustle School

A daily show for everyone who works a regular job and wants to start an income-earning project on the side. In each episode, listeners will hear a different story of someone who's started a side hustle—along with what went well, how that person overcame challenges, and what happened as a result. The show is written and hosted by Chris Guillebeau, the New York Times bestselling author of *The \$100 Startup*, *The Happiness of Pursuit*, and other books.

Remember, safety first! If you're using your headphones while training on streets and roads, please be aware of traffic.

### Missed an email?

[Find all the Fit Steps resources here.](#)

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## Exclusive Wellbeing Partner



**Can4Cancer**  
Changing lives, ending cancer



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