

CBHS Can4Cancer Fit Steps

Your virtual
training partner



Keep those Fit Steps going: No after-party slump here!

As you know, Can4Cancer events are underway across the country, and that means there comes a time when all your hard work comes to a close. For some, it's a cause for celebration... but what about those post-event blues?

Here are some ways to keep yourself from falling into the post-event slump:

Cultivate a gratitude mindset:

[Research](#) shows that interactions involving gratitude boost happiness and reduce levels of depression. Take a moment to express your heartfelt appreciation by writing personalised notes or deliver a personal thank you messages to everyone who supported you or donated to your fundraising. You can also share a recap of your event journey, highlighting the incredible moments and the impact it made.

Practise self-care:

Give yourself some well-deserved TLC. Take a few days to unwind, rest, and let your body recover. Prioritise good sleep, eat nourishing meals, and stay hydrated. Consider treating yourself to a massage, spa day, or any other reward for your incredible accomplishment. Planning a self-care activity in advance can help keep your motivation high until the finish line.

Stay connected:

Did you form bonds with your training buddies or workmates along the way? Keep those connections alive! Propose continuing your lunchtime walks, weekend rides, or gym sessions together. Going through a challenging journey together like a big event strengthens relationships, so why not maintain those meaningful connections?

What's next?

Are you itching to tackle another challenge? Whether it's another fitness event or a personal goal, having something to look forward to gives you renewed purpose. Alternatively, you might have temporarily set aside a project or hobby while you were training. Now is the perfect time to dive back in and reignite your passions!

Keep the momentum going! Fit Steps is more than just a training guide; it's a lifestyle that you've embraced wholeheartedly.

Stay motivated, stay inspired, and let's conquer new heights!

[Missed an email? Find all the Fit Steps resources here.](#)

Exclusive Wellbeing Partner



Can4Cancer
Changing lives, ending cancer



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