



**GET ACTIVE
FOR BREAST
CANCER
RESEARCH**

MOTHER'S DAY CLASSIC TRAINING PROGRAM

Chosen your power song yet?



Having a power song in your back pocket can really help you to keep going when you find yourself wanting to give up or stop your run altogether.

Music is a powerful motivator – a good tempo or a strong repetitive lyric can inspire you to keep going.

Remember to listen to this **before** you get moving. Sing it loud like no one is watching!

Add it and use it!

Add your power song to the HESTA playlist linked below. We promise not to judge if it's the Rocky theme song that gets you going.

Add your song

Movement resources at mothersdayclassic.com.au/mdc-move



AIA Vitality

HESTA



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