



**GET ACTIVE
FOR BREAST
CANCER
RESEARCH**

MOTHER'S DAY CLASSIC TRAINING PROGRAM

Keys to keep moving



Hints & tips



Repeat a positive mantra

'One foot and then the other'.

If you can believe you can do it, your body will be much more likely to persevere.

Keep positive in your head, and your legs will follow.



Break up your walk or run

Tell yourself you are out for a 10-minute session. When that's done, another 10-minutes but when you've covered 5, well then it's just a 5-minute session.



Smile - really

Try smiling even if you don't feel like it. The endorphins will make you relax, and you will also find that you stand taller.



Relax

Yes, you can. Remember to use any downhill sections to relax your body, your shoulders, but remember to keep your legs engaged.

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



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