



Manurewa Local Board

# Sunrise Walk for Hospice™

Have you registered yet?



## Sunrise Walk Training Tips

As well as raising funds in the Sunrise Walk for Hospice™ the walk is also a great opportunity for you, your friends and family to set some very achievable fitness goals and get active. Thanks to our friends at [Manukau Leisure Services](#) these training tips will help you get ready for our communities exciting day. If you want more than just a few tips, you can download a six week training schedule at the bottom of the page.

### ***Preparation is the key***

Training specifically for this event will ensure you are prepared for the day and are able to reach your goals and enjoy the experience. This is not a competitive event, the main aim is to support a great cause and have a good time...although, for all you competitive women out there you can still strive to achieve your personal best!!

***If you are new or have not done any exercise for awhile it's a good idea to check with your doctor before you begin training.***

### ***Key Training Tips***

- Find an exercise buddy or group in your local area. Walking with others is a fun way to keep motivated to achieve your goals.
- Aim to walk 3-4 times a week to build up and prepare rather than leaving it to the last minute and plunging in. Your body will thank you for it!
- Think about your posture when you walk. Stand tall balancing your weight evenly throughout your body. Draw in your belly button and keep shoulders back. Keep your chin and eyes aligned not down. Use a heel toe motion evenly with both feet and increase number of steps you take not the length.
- Stay hydrated during exercise by carrying water with you in a bottle or hydration pack. There will be water stops along the route at the actual Sunrise Walk, so please take advantage of them.
- If you take extra clothing/bags make sure these are kept in backpacks rather than one shoulder bags which put uneven strain on your body. Clothing should be light and comfortable but also prepare for rain by taking a light waterproof jacket with you.
- Make a training diary that notes the distance, the time it took and your level of comfort during each session (using a 1-5 scale). This will ensure that you can see your progress and can celebrate your achievements on Event Day!

[Download Tips for Walkers](#)

[Download Stretching Tips for all Participants](#)