



A conversation could change a life.

**Tony is a longtime supporter of R U OK?
and an inspiration for K's for R U OK?
He ran every day in May clocking up
over 500km and raising an incredible
\$10,000 in the process.**

Tony's Top Tips

- 1. Choose a distance that's achievable** for you. K's for R U OK? isn't a race or a competition to see who can go furthest. It's about getting out there every day.
- 2. Look after your feet** – you'll need them every step of the way. Make sure you have appropriate footwear for your personal challenge.
- 3. Buddy up!** You can walk and talk, run, jog or wheel together. Having a friend or team to help spur you on makes a massive difference.
- 4. Mix it up** – depending on the weather or how you're feeling, change the location of where you clock your K's.
- 5. Sleep!** Getting a good night's rest is crucial when you're exercising every day.

I hope these help you and wish you all the very best, thanks for choosing to support R U OK?

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