

‘Go the extra K’ – Instructions

WHAT IS IT?

‘Go the extra K’ - Run/Walk Challenge – 9k per day

Run or walk *9000 (9k) steps per day for 30 days for the 9 Australians we lose through suicide every day.

*9,000 steps are roughly equivalent to 7.2 kilometres. This is a good amount of walking for health benefits, with some studies suggesting it's close to the optimal number of steps to reduce mortality risk.

Walking 9,000 steps takes approx. 1.5 – 2 hours for the average person, but exact time depends on your individual walking speed and stride length. A brisk pace of 100 steps per minute would take about 90 minutes, while a slower pace of 60 steps per minute would take 150 minutes or 2.5 hours.

Running 9k would take anywhere from 45 minutes to over 70 minutes to complete, depending on the runner's speed and fitness level.

WHEN?

Kick off your 30-day challenge from **September 1st**, with the journey concluding on **September 30th**

HOW TO GET INVOLVED

1/. Run for Mental Health

<https://run-for-mental-health.grassrootz.com/9k-per-day-challenge-2026>



Sign up to Run for Mental Health via the website to participate and fundraise for *Mental Health Ltd

Run for Mental Health Ltd was established in May 2023 as an Australian not-for-profit and community-based charity organisation. Their aim is to “empower people to thrive through optimal physical and mental health**”. Their principal purpose is to promote the prevention and control of diseases in human beings, focusing primarily on mental illnesses such as depression and anxiety. They seek to promote mental health and improve public awareness of mental disease, so that people have greater knowledge, feel safe to talk openly about their issues and are supported to ask for help when they need to.*

Even a small amount of regular exercise can make a difference.

‘Go the extra K’ – Instructions

2/. Strava App – Free



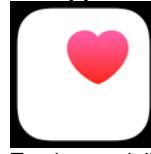
Using Strava to Track Runs/Walks:

Download and Install: Get the Strava app on your smartphone (iOS or Android).

Create an Account: Sign up or log in if you already have an account.

Allow Permissions: When prompted, allow Strava access to your phone’s GPS and motion/activity data so it can

3/. Apple Health App – Free



Track your daily runs and steps using the Health App on your iPhone

Open the Health app - on your iPhone or iPad (If you're on your iPhone, tap the Summary tab, then tap your profile picture).

Tap Health Details, then tap Edit.

Add your information, like your date of birth and blood type.

Tap Done.

WHY DO IT?

➤ Be empowered to thrive through optimal physical and mental health

1 in 5 Australians will suffer a mental illness this year. Running for just 15 minutes a day reduces the risk of major depression by 26%, and community connection significantly helps to improve mental health.

➤ Exercise is as effective as medication or counselling for mild to moderate depression

A 2022 review found that physical exercise is as effective as therapy or medication in reducing symptoms of depression, anxiety, and psychological distress—particularly for mild to moderate cases. Exercise also improves overall mood, energy levels, sleep quality, and self-esteem. (Source: *British Journal of Sports Medicine*, 2022, Deakin University Centre for Mental Health).

➤ Running for just 15 minutes a day reduces the risk of depression by 26%

Regular aerobic exercise such as running can reduce the risk of developing major depression by up to 26%.

Exercise is also an effective treatment for people already living with depression or anxiety. (Sources: *Harvard Medical School British Journal of Sports Medicine – Systematic Review*, 2022).

ENCOURAGE EACH OTHER

Use the ‘Go the extra K’ Tally Sheets to encourage each other to participate. These are perfect inspiration to be involved and can be displayed in your workplace. There is a version of the Tally Sheet for download for each Business Unit on Win Connect.

