

Karli kicked her 100km K's for R U OK? goal last year and was our top fundraiser!

Karli's top tips



- 1. Choose a distance that's achievable for you.** Remember there are 31 days in July. K's for R U OK? isn't a race or a competition to see who can go furthest. It's about consistently getting out there - hitting the pavement, the park or wherever you prefer to clock your K's.
- 2. Find your motivation.** I let my friends and family know about the challenge and they checked in on me regularly to ask me how it was going and if I needed anything. They were so supportive and motivated me to keep on getting out there.
- 3. Buddy up.** You can walk and talk, run, cycle or push together. Having a friend or team to help spur you on makes a massive difference.
- 4. Mix it up.** You might want to change the location of where you clock your K's depending on the weather or how you're feeling.
- 5. Sleep.** Getting a good night's rest is crucial when you're exercising every day.

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

#KsforRUOK
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