



Monday, 2 November 2015

Hit your Stride 4 Stroke

National Stroke Foundation is asking runners and walkers alike across Australia to stride it out this November to help fight stroke.

The Foundation is hosting its annual Stride 4 Stroke fundraising campaign. Hundreds of health professionals, stroke survivors, carers, friends and supporters are expected to take part.

National Stroke Foundation Chief Executive Officer Dr Erin Lalor said Stride 4 Stroke would bring the community together to raise stroke awareness and funds for the Foundation to continue in its mission to stop stroke, save lives and end suffering.

“Stroke touches all of our lives in some way whether it is personally, through a family member, friend or colleague,” Dr Lalor said.

“This November we are encouraging communities and workplaces to unite with us in Stride 4 Stroke and raise much needed funds to help stop stroke.

“By taking part in Stride 4 Stroke you will be helping raise stroke awareness, funds for a great cause and also lowering your own stroke risk by staying healthy and exercising.

“It can be a few steps, a short ride or wheel, or it can be further - let us know about it and be a part of our 2015 Stride 4 Stroke Team,” she said.

Dr Lalor said the devastating impact of stroke could be halted.

“One in six Australians experience a stroke in their lifetime and there are more than 440,000 stroke survivors in our community. Stroke is one of this country’s biggest killers and a leading cause of disability – but it doesn’t have to be this way,” she said.

“Many strokes are preventable and the outcomes of stroke survivors can be improved with enhanced treatment, care and supports.

“The National Stroke Foundation needs the community’s support to stop this terrible disease.”

Community members are encouraged to pledge a kilometre target for the month and get out there and pound the pavement. Kilometres will be collated into a virtual relay around Australia. This fun event is achievable for any fitness level.

Once signed up, participants will receive their own fundraising page which can be personalised, track progress via an app and encourage support for the challenge. Participants will also receive an event kit in the post with a FREE pedometer, [Stroke Solidarity String](#), posters and a social media kit.

So what are you waiting for? Stride 4 Stroke this November and support stroke survivors and their families! To find out more, please visit www.strokefoundation.com.au

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