



SEPTEMBER IS STEPTEMBER

One Thomas Hassall Anglican College student is rallying the troops for Steptember. Funds raised will go to a worthy cause.

Hi, my name is Christian Georgallis and I'm in Year 10 at Thomas Hassall Anglican College. I recently climbed Mt Kosciuszko to raise funds for the Cerebral Palsy Alliance. The funds I raised went to the Alliance's gym and recognition program. Now I'm onto a new mission and I need your help.

I'm participating in an event called [Steptember](#). The challenge is to take 10,000 steps a day for 28 days. You join up in teams of four and ask your family and friends to sponsor you for your efforts. All money raised goes towards helping children and adults living with Cerebral Palsy - many of whom will never be able to take a single step without assistance.

Apparently, the average office worker only takes 3000 steps a day. It might sound a lot but it's way below the recommended 10,000 steps we all need to take in order to lead healthy lives. But getting more physical activity into your day doesn't just help your health - it actually makes you feel better too.

So, if you're feeling sluggish and constantly battling 3.30-itis, Steptember is the perfect opportunity to get out from behind the desk and make the change your body is screaming out for. It will be a great way to get some more movement into your day along with the added benefit of helping a good cause.

And, since so many of us at Thomas Hassall Anglican College are going to be participating, you'll have lots of people to keep you accountable and motivated to take the most steps and raise the

most money.

Participating in an event like this will make a big difference to people like me and I'm sure with your help, we will reach new heights and be making a big difference in the lives of those living with cerebral palsy. Plus, don't forget registrations close this Friday at midnight.

Thanks

Christian . . . I look forward to climbing this mountain with you.
