

Stride4Stroke as a Team

Thanks for your interest in taking part in Stride4Stroke as a team!

Every dollar you raise and every moving minute you log will take Stroke Foundation one stride closer to preventing stroke, saving lives and enhancing recovery.

What is Stride4Stroke?

Every November, people across Australia take up the challenge to be active and raise funds to prevent stroke, save lives and enhance recovery.

The time you spend being active is measured in Moving Minutes. As we all have different lifestyles, passions and abilities, how you get active will look different for everyone.

Stride4Stroke is great to do with family, friends or workmates.

Getting started

- > Sign up at stride4stroke.org.au
- > Choose your team name and team fundraising goal
- > Personalise your team page.

How to grow your team

When you sign up as a team at stride4stroke.org.au you will receive a team page with its own unique link.

Send an invite with your team page link to the people you would like to join your team.

When team members join your team, encourage each team member to invite others to join the team. The more team members you have, the more funds are raised to prevent stroke, save lives and enhance recovery.



A team of 10 friends make a pledge to collectively walk for 10,000 minutes in November (1000 minutes each). They all agree to self-sponsor themselves \$50 each to get their fundraising started and to raise \$3,000 as a team.



A company who has team members all across Australia, sign up as a team and put the challenge out to all staff to achieve 600 moving minutes in November and raise \$200 each. Each donation received will be dollar matched by the company!



A family has witnessed the impact of stroke and has decided to raise funds for Stroke Foundation to help prevent stroke, save lives and enhance recovery for other Australians. They set a fundraising goal of \$1,000.