

One Team – it is time to step up

STEPtember is a fun event that challenges you to take 10,000 steps a day for 28 days, in September – all the while helping to fundraise for people living with cerebral palsy. The funds raised by sponsors of the participants is used towards life-changing support services, equipment and research into the causes and treatment of cerebral palsy.

Join me in STEPPING up in 2020. This is a chance for us all to improve our mental and physical health while connecting with one another and contributing to a great cause.

How do I sign up?

In the spirit of #ancfamily, we've created a group, so all our steps and fundraising will be collated. Join us in this team experience as we all keep our physical distance and stay connected during COVID-19.

1. Register online by clicking: <https://www.september.org.au/>.
2. Register yourself as an individual.
3. On the next page select that you are joining an organisation and type in ANC Delivers (It may appear at the bottom of the list)
4. Select your state team within the ANC Delivers Group (don't worry - all steps will be collated towards the ANC total)
5. Enter your personal details.
6. Enter your payment details (they also accept Paypal)
7. Start STEPPING and encourage family and friends to sponsor you for this cause!

TEAM VIC we understand your current restrictions but please don't let this deter you. Within your 5km restrictions, we're sure you'll find creative ways to achieve the step count, just like [Captain Tom Moore in the UK](#). Putting your best foot forward, even within your own yard or suburb, will contribute to a great cause and your own wellbeing.

What does it cost?

Registration is open now. It will cost you \$25 to register with STEPtember which goes towards their administration, campaign and advertising.

How do I track my steps?

You can track your steps using your phone or smart watch and sync with the STEPtember app or request a STEPtember Pedometer during registration (although due to COVID-19 they are experiencing a shortage in availability of pedometers).

Sharing the ANC group progress!

We will share the group progress on Facebook to encourage, motivate and stay connected with each other. Feel free to share pictures of you STEPPING up and STEPPING out during STEPtember.

If you have any trouble registering please send me an email (rimala@ancdelivers.com.au) and I can help you join the ANC group. 😊

Rima.