



# Your Stride4Stroke Moving Minutes Guide

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No matter why you are moving, make moves that matter.





# Welcome to Stride4Stroke!

**Congratulations – you’ve taken your first stride and signed up for Stride4Stroke!**

In this guide you’ll find information to help you reach your moving minutes goals. Our team is here for you every stride of the way, so if you have any questions, please email [stride4stroke@strokefoundation.org.au](mailto:stride4stroke@strokefoundation.org.au).

**We are so excited to have you join Stride4Stroke and together, we can change the state of stroke in Australia.**

## 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 – or on your own.

Thank you for raising funds to support Stroke Foundation’s work.

Find out more at [stride4stroke.org.au](https://stride4stroke.org.au)

# What are Moving Minutes?

Moving minutes are the minutes you are active in November. Being active means doing some sort of exercise. You can run, jump, skip, hike, squat, roll – any type of activity that gets you moving.

## How do I calculate a moving minutes goal?

Research tells us 30 minutes of exercise five times a week can reduce your risk of stroke by 25%\*.

If we use this as a guide, if you exercise for 30 minutes a day, five days a week during the four weeks in November =

**30 mins x 20 days = 600 moving minutes.**

Everyone is different, so set a goal that is reasonable and achievable for you.

## How do I update my moving minutes goal?

- › Log into your dashboard.
- › Go to 'My Activity'
- › Scroll down to 'Edit your Moving Minutes goal'
- › Input your goal
- › Scroll down and select 'Save Changes' at the bottom of the page

\*World Stroke Organization. 2021. Why stroke matters - Stroke risks and prevention. Available at: <https://www.world-stroke.org/world-stroke-day-campaign/why-stroke-matters/stroke-prevention/stroke-risks-and-prevention>





## What activity do I choose for Stride4Stroke?

It is up to you! We understand that everyone has different lifestyles, goals, limitations and passions. You can swim, skip, push, cycle, surf, walk, run, do an online fitness class or set a movement target in stroke recovery. You can do anything you like.

If you want to undertake multiple activities to achieve your Moving Minutes you absolutely can.



# How do I log my moving minutes?

- › Log into your dashboard.
- › Scroll down to 'Add Activity'
- › Input your Moving Minutes, Date and Activity Type.
- › Scroll down and select 'Save Changes' at the bottom of the page.

Or you can link your fitness device to your page:

1. Log into your account.
2. Click on your name in the top right-hand corner and navigate to 'My Activity'.
3. Scroll down to where you see the Fitbit and Strava logo.
4. Click on the relevant icon which will ask you to login to your Fitbit or Strava account.
5. Agree to the settings and click submit.

**Fitbit Note:** You must record an “activity” with your Fitbit in order for it to contribute to your kilometres.

Your activity will sync once a day and is not immediate as soon as you've done it. It is also important to note that only one activity a day will sync (e.g. if you do 2 runs, only the most recent will sync). If you would like to include more than one activity a day you will need to manually upload your activity.

Stride4Stroke officially takes place from the 1st to 30th November. Start logging your Moving Minutes on 1st November, however in the lead up to November this is a great opportunity to set some training goals.

# Make moves that matter

Share your Stride4Stroke journey to help inspire others and to celebrate your achievements.

 @strokefoundation

 @strokefdn

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