

## Healthy habits

Remember the aim is to keep your healthy habit up for a month, so choose something you know is achievable for you. Here are some great healthy ideas for you to try:

### An apple a day

Start snacking on an apple each day—or a similar healthy snack food—and your health will thank you.

### Get your 30

Get your 30 minutes of exercise a day. Walking is a great way to get your 30.

### Give something up

Whether it is alcohol, chocolate or ice-creams—give something up for one month and you'll feel better for it.

### Take the stairs

Ditch the lift and take the stairs. This one is good for the environment as well.

You might have an idea that you would like to try—healthy can mean very different things to different people, so don't let our list limit your health kick.

Disclaimer: The Mater Hospitals accept no liability for any advice given as part of this event. Persons undertaking any significant change in lifestyle or diet should seek specific medical and professional advice, particularly if there is a pre-existing medical condition which may be impacted upon by any such changes. The advice is general in nature, and could be implemented as part of a healthy lifestyle.



## Returning raised funds

We hope that you are able to use our handy website to receive most of your donations. However, some people may give you piles of cash—wouldn't that be nice!

Simply download our printable pledge form from the web and then deposit the funds into:

**Account Name:** Mater Foundation  
**Bank:** ANZ Woolloongabba branch  
**BSB:** 014 278  
**Account Number:** 775 240 886  
**Reference Number:** 11108 + your last name (it's important to use this reference number so we can track your donation and ensure it goes to the Mater cause you have chosen).

Alternatively you can bank the money into your account and send a cheque to the Mater Foundation. Either way please remember to send your pledge form to us, so we can send a tax deductible receipt to your supporters.

## Contact us:

### Mater Foundation

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## What is Mater Healthy Start?

Have you ever had a healthy idea that you'd like to start but never had the motivation to do so? Now is your chance to take up that healthy habit and raise vital funds for the Mater Hospitals and Mater Medical Research Institute (MMRI)—join Mater Healthy Start now.

Whether you walk the dog each day, start that yoga course or give up a chocolate habit for one month, by taking part in Mater Healthy Start you will be helping to support our life-saving work.

All you need to do is register for Mater Healthy Start at [www.materfoundation.org.au](http://www.materfoundation.org.au) or call for more information on **1800 440 155**. Then set up your sponsorship page online and ask your friends, family and colleagues to sponsor you to stay on track. You can enter as an individual or as a team. It's that easy.

### Getting started in five easy steps

1. To get started register online by going to [www.materfoundation.org.au](http://www.materfoundation.org.au) and set up your own personal fundraising webpage.
2. Personalise the page with your photo, a greeting and your fundraising and health targets.
3. Email your friends and family and tell them why you are fundraising for the Mater. Challenge them to start their own healthy habit or sponsor yours.
4. You can link your page to your personal myspace or facebook profile.
5. See our website for a downloadable poster to help spread the word.

**Your supporters will receive a tax deductible receipt for donations over \$2.**

### A Healthy Pause

Worried about that special occasion?

Buy yourself a \$25 Healthy Pause. A Healthy Pause is your ticket to forget your healthy habit for one whole day, no consequences; apart from the usual kind. With a Healthy Pause you can enjoy your day and know that you are still supporting the Mater.

Don't worry if you slip up and give in to temptation—we know how hard it is to keep up a new habit. Just pick yourself up, fine yourself \$25, shake it off and continue with the challenge.

## Where does the money you raise go?

By supporting one of the areas below, you will help the Mater Foundation fund vital medical research and improve the lives of patients throughout Queensland.

- **Where it is needed most**—support exceptional healthcare across the Mater's seven hospitals and life-changing medical research at the Mater Medical Research Institute.
- **Mater Little Miracles**—make little miracles happen for Queensland's sickest babies and children.
- **Medical research**—help uncover new treatments and improve quality of life for all.
- **Mater Mission Fund**—provide assistance to patients and their families experiencing financial hardship due to medical treatment.
- **Cancer services**—help fund equipment and patient programs and facilities to ensure cancer patients and their families have the best care possible.