



Fitness Tips

PUSH THROUGH & POWER ON ENDURANCE TIPS FOR STEPS FOR HOMELESS YOUTH

Some days, a walk, run, or relay feels tough from the start. Maybe you didn't sleep well, or a long day at work has drained your energy. Other times, the struggle sneaks up on you—you start feeling great, but halfway through, you're looking for an excuse to stop. Sound familiar? We've all been there!

As you gear up for Steps for Homeless Youth, use these tried-and-tested endurance tips to help you stay strong, confident, and ready to go on the day.

● DEVELOP A MANTRA

When the challenge feels bigger than usual, a personal mantra can push you through.

What fires you up? Your mantra could be as simple as:

- "I can and I will!"
- "Strong, steady, and smooth."
- Or even a rhythmic phrase that keeps your pace consistent.

● ZONE OUT & FOCUS

Music can be a game-changer. Save a special playlist for tough sessions—those pump-up songs will feel like a secret weapon when you need them most.

Another trick? Pick a landmark or person ahead of you and imagine they're pulling you forward like a magnet. It sounds odd, but trust us—it works!



● TAKE A BUDDY

Struggling to stay motivated? Find a running or walking buddy. Even if they join for a few kilometers, the extra encouragement makes a huge difference.

No buddy? Call a friend over Bluetooth headphones. A little distraction can go a long way!

● PRIORITISE RECOVERY

Sleep is the ultimate recovery tool!

- Stick to a consistent sleep schedule.
- Wind down with stretching or reading before bed.
- Ditch screens an hour before sleep—your body will thank you!

● HYDRATE, HYDRATE, HYDRATE!

Your muscles are 75% water—don't let dehydration slow you down!

- Aim for at least 2-3 litres of water daily, especially on training and event days.
- Proper hydration boosts endurance, prevents cramps, and speeds up recovery.

● REWARD YOURSELF

If you're feeling over it, try a reward system.

- Run or walk another 5km? Treat yourself to a coffee.
- Push a little further? Add a post-workout snack.
- Set bigger goals? Plan a celebratory meal after the event!

● DISCOVER YOUR INNER YOGI

Running & walking impact your muscles, joints, and tendons with every step. Regular yoga or stretching can improve balance, flexibility, and recovery, helping you stay injury-free.

Whatever distance you choose, these small habits can help you step strong, feel great, and cross the finish line with confidence!

