



Heart Foundation's MyMarathon: Cardiology Teams Get Active

Rachel Murphy, BBus, MFIA
 Sheree Hughes, BSc, PGDipSci, MScSt,
 Jasmine Just, BBiomedSc, BMBS

MyMarathon is one of the Heart Foundation's most popular annual fundraising campaigns, where participants challenge themselves to walk or run a marathon (42.2 km) during the month of October. Completed over hours, days or weeks, MyMarathon provides the perfect opportunity to reap the many physical and mental health benefits of exercise, while also raising funds for life-saving cardiovascular disease research. In 2021, 6,500 MyMarathoners took part and raised over AUD \$1.2 million; an incredible achievement.

Your marathon, your way

Much of MyMarathon's popularity lies in its flexibility; it can be completed anywhere, and at a time that suits participants. People can sign up on their own, or as part of a team with friends or colleagues. Friendly competition between workplace teams is also a fun way to stay motivated.

Some of our previous MyMarathoners have gone the extra mile, so to speak, and have opted to challenge themselves in other creative ways. For example, swimming the distance rather than walking or running, or setting their own personal distance goal for the month.

Cardiology teams walking the talk

MyMarathon is a great team building activity, and in 2021 we had many health professional teams sign up. The team at Access Cardiology, based in Western Australia, participated in MyMarathon last year. Their team of 10, which included cardiologists and nurses, raised over AUD \$2,400; a wonderful result.

Access Cardiology team member, Annie, says it wasn't hard to find a reason to get involved.

"Participating in an event like this is more than just a day job for our staff. Some of us have family members who have suffered a major heart event, so combining fitness, team camaraderie, personal

alignment, and a bit of healthy competition makes this all the more fun and meaningful," says Annie.

"Our philosophy is 'heart health for life', and we hope to support our community of patients by leading by example".

Fellow team member Renee, pictured with son, Will, also experienced benefits beyond the physical.



"If there is one thing I have learned about myself, it's that I have the capacity and discipline to challenge myself and continue to motivate myself even when I feel weary".

On a practical level, Annie says registering as a team helped to keep everyone accountable and motivated.

"We couldn't have done this alone, we are so happy to have completed this MyMarathon challenge together".

Feeling inspired to sign up for MyMarathon or want to know more? Visit: mymarathon.com.au/