



## Going further for the Flying Doctor!

Oceans to Outback is a fitness challenge event that calls on all Aussies to run, walk or ride during the month of October and travel (virtually!) between Royal Flying Doctor Service (RFDS) locations throughout Australia whilst raising vital funds for the RFDS.

All funds raised during Oceans to Outback support the delivery of vital aeromedical and primary health care services to those living in regional, rural and remote communities across Australia.

### Why get involved?

#### Promote health and wellbeing:

Physical activity, such as walking, running, or cycling, is a proven way to improve both physical and mental health, so participating in Oceans to Outback is a great way to support your health and wellbeing.

**Boost motivation and morale:** Bring your colleagues together around a shared purpose of wellbeing and giving back to the community, inspire friendly competition and have some fun along the way!

**Supports organisational culture and reputation:** Workplaces with a culture of giving and supporting charitable causes have been shown to enjoy greater employee engagement, retention, productivity, reputation and social impact.

### How to get involved



Simply register online for free and set your Oceans to Outback activity goal. How far will you go this October to keep the Flying Doctor flying?



You can complete the challenge anywhere, anytime! **Run, walk or ride on your own, with friends or you can even organise walking work meetings or get the team out and about during lunch breaks.**



As a participant, you'll get a **FREE Oceans to Outback t-shirt** and have the opportunity to win awesome prizes and rewards for fundraising and logging your activity.

To register and learn more about the event please visit [www.oceanstoutback.org.au](http://www.oceanstoutback.org.au)

### How to sign up

1. Visit [oceanstoutback.org.au](http://oceanstoutback.org.au) to register your workplace
2. Choose your activity goal and fundraising target
3. Set up your workplace team and team captain
4. Start your challenge!

GET A FREE  
T-SHIRT

