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Trekkers showcase the mental health benefits of walking in nature in support of Beyond Blue

More than 2,800 trekkers will showcase the mental health benefits of hiking in nature when Sydney Coastrek strides out for the annual walk for mental health on Friday, 25 March, 2022, in support of the Beyond Blue Support Service.

Research shows that spending as little as 10 to 20 minutes walking in nature has significant benefits for people's mental wellbeing and can reduce stress, anger and anxiety.¹

Coastrek attracts mainly women walking for mental health for all Australians. Participants have a choice of tackling 30km, 45km or 60km routes along the stunning coastline of Sydney's Eastern Beaches from La Perouse through Maroubra, Bondi, Vaucluse, Barangaroo and over the Harbour Bridge to the finish line at Kirribilli. Journalists **Jennifer Byrne**, **Angela Mollard** and **Jacinta Tynan** will be walking as Coastrek Ambassadors.

Sydney Coastrek teams are aiming to raise \$1.65 million towards the Beyond Blue Support Service, which offers 24/7 support, advice and care options for all Australians. Coastrek is the largest community fundraising partner of Beyond Blue and Sydney is the first in a series of five events around Australia throughout 2022, which last year saw a total of \$6.4 million raised.

Beyond Blue CEO Georgie Harman thanked Coastrekkers for championing mental health and raising vital funds to support others.

"We know that getting moving outdoors regularly does great things for our physical and mental wellbeing and Coastrek really highlights this connection," Ms Harman said. "Thanks to the efforts of trekkers, the Beyond Blue Support Service can be there for thousands of people when they need it most and I thank the trekkers and everyone who has donated for their continued support."

Participants trek in teams of four and are supported with a 12-week training program, helping them build and maintain their physical, mental and social wellbeing.

Coastrek Founder & CEO Di Westaway OAM said: "Coastrek was created to encourage more women to fall in love with fitness and enjoy the benefits of shared outdoor challenges on physical and mental health. Training, fundraising and trekking all combine to ensure a positive community impact well beyond Coastrek event day."

To support an individual or team, visit coastrek.com.au/trekkers or to check out other Coastrek events around Australia throughout 2022 including the inaugural Margaret River event in October, visit coastrek.com.au/events

MORE...

¹ Chomley F, *Nature for Health and Wellbeing: A Review of the Evidence* (2021), Royal Botanic Gardens Victoria, p. 29.

NOTE TO EDITORS AND PIC DESKS:

- Images of Coastrek Ambassador Jennifer Byrne together with event images of participants in action available [here](#)
- Photo opportunities available on the day of the event from 7.30am at the 30km event start line at Christison Park, Old South Head Road, Vaucluse

Beyond Blue Support Service 1300 22 4636 or beyondblue.org.au/get-support

ENDS

For more information, contact:

media@beyondblue.org.au

OR

Yvette Peverell - Coastrek

E: yvette@wildwomenontop.com

M: 0403 834 11