

**FIT**  
**4**  
**DUTY**



# Are you up for the challenge?

Join our Fit4Duty team to raise money for first responder mental health. The 8 week fitness challenge will test your physical and mental resilience.

Join our team here:

[thankafirstresponderday.org.au/fundraisers/](https://thankafirstresponderday.org.au/fundraisers/)