



MEDIA RELEASE
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Step up for sick kids with Starlight

[Starlight Children's Foundation](#) (Starlight) has launched the brand-new [Super Steps](#) challenge that encourages Australians to step up this May to make hospital a happier place for sick kids and their families.

From 1 May to 31 May, participants can choose to walk or run 10,000 steps each day and help raise \$700,000 to deliver happiness to nearly 18,000 sick kids through Starlight's vital hospital services.

Regardless of age and fitness level, Australians are invited to join the Super Steps challenge and can reach their goals in any environment they choose – be it a beach run, a bush walk, a stroll around their neighbourhood or even on a treadmill. Participants can join individually or take on the challenge with friends, family or colleagues as a team.

Funds raised through the Super Steps challenge will support Starlight's hospital services including [Captain Starlight](#) and [Starlight Express Rooms](#) which are accessible to all sick kids and their families in children's hospitals nationally.

Starlight CEO and Super Stepper Louise Baxter said: "The need for Starlight to brighten the lives of seriously ill children and their families is growing. Our brand-new Super Step Challenge will raise much needed funds to help us bring fun, laughter and joy to sick kids when they need it most."

"Not only is this a great way to get fit and lift your own spirits, but you will be helping build the wellbeing and resilience of sick kids in the process. So please, clock up those kilometres however you can...and rally the support of your friends, family and colleagues to help you fundraise."

Participants will be supported every step of the way with fundraising and training motivation and Starlight kids [Thea](#), [Abigail](#) and [Isla](#) will be cheering them on throughout the challenge.

Fundraisers will also be rewarded for their efforts with Super Steps merchandise as they reach key milestones. The first 1,000 people to register will receive a free pair of socks, and can then go on to earn t-shirts, medals, and even entry into the VIP Star Steppers Club as they hit their fundraising milestones.

Registrations are now open and it's free to sign up. Simply set up a profile, choose your step and fundraising goals and get moving – the higher the goal, the bigger the impact.

To step up for sick kids and sign up today, visit: supersteps.org.au
You can also join the Super Steps community on [Instagram](#) and [Facebook](#).

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About Starlight Children's Foundation

Starlight Children's Foundation brightens the lives of seriously ill and hospitalised children and young people by replacing pain, fear and stress with fun, joy and laughter. Since its establishment in 1988, Starlight has expanded to become the broadest reaching children's charity in Australia and was awarded the number one most reputable children's charity in Reprtrak's 2022 Charity Reputation Index. Starlight was also recently endorsed as a 2023 Great Place to Work. There is a Starlight Express Room in every major children's hospital around Australia. In 2023, Starlight created over 1.9 million positive Starlight experiences for children, teenagers and their families, and Captain Starlight brought fun and laughter to 120 hospitals and 134 remote communities. Starlight also granted 474 wishes in 2023, including its milestone 13,000th Starlight Wish. www.starlight.org.au