



Step up for sick kids with Starlight

[Starlight Children's Foundation's](#) (Starlight) is encouraging Australians to step up this May and make hospital a happier place for sick kids and their families with its annual [Super Steps](#) challenge.

From 1 May to 31 May, participants can choose to walk or run 10,000 steps each day and help raise \$1.3 million to deliver happiness to over 38,000 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 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 essential hospital programs including [Captain Starlight](#) and [Starlight Express Rooms](#) which are accessible to all sick kids and their families in children's hospitals nationally.

Starlight's National Partnerships Manager, Matt Geraghty said: "Super Steps is a simple daily challenge that makes an extraordinary impact. Every step taken this May helps brighten the hospital experience for sick kids and their families when they need it most."

"By committing to 10,000 steps a day, Australians aren't just moving more and having fun while doing it, they're also helping to create moments of joy, comfort and connection for children facing the toughest of times."

Super Steps participants will be supported every step of the way with fundraising and training motivation, and Starlight kids Avi, Aru and Elijah will be cheering them on throughout the challenge.

Fundraisers will be recognised for their incredible efforts with exclusive Super Steps merchandise as they reach key milestones. Along the way, they can earn rewards like t-shirts, tote bags, water bottles, medals, shoelaces, a picnic blanket, and even a special magnet featuring artwork created by a Starlight child. They can also unlock entry into the VIP Star Steppers Club as they hit their fundraising goals.

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.

This year, the Super Steps challenge is powered by major sponsor Velocity Frequent Flyer, which has generously donated 500,000 Velocity Points for participants to go in the draw to win when they sign up and raise \$39. The event is also supported by partners Northern Star, Medals Australia, Ampol and Step One.



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 1988, Starlight has grown to become Australia's broadest-reaching children's charity and is consistently recognised as one of Australia's most reputable charities. In 2025, Starlight created 926,887 experiences that transformed the healthcare experience and provided much needed social connection and a sense of belonging for seriously ill children and their families. We also provided 4.5 million online entertainment experiences, and through the Healthier Futures Initiative, Captain Starlight reached 118 remote communities across Australia. Planet Starlight delivered 171,099 online entertainment experiences for hospitalised children and connected kids in 89 hospitals nationwide. Starlight also granted 424 life-changing wishes in 2025.

www.starlight.org.au