

# Push your limits Show your gratitude

## Sweat in support of first responders

### We are proud to be supporting Thank a First Responder Day 2026

We're inviting our members to train for a cause and show appreciation for the police, fire, ambulance, SES, marine rescue and emergency personnel who keep our community safe.

### Why we are doing this

First responders face high stress and repeated exposure to trauma. Funds raised support Fortem Australia programs providing mental health support, wellbeing services, and connection for first responders and their families.

### How you can support

- Join the workout
- Bring a friend
- Donate to the cause
- Share a message of gratitude

share a message



## Event details

When:

Where:

More info:

Donate



Together, we can show first responders that we see them, value them, and support their wellbeing.