



StepUp4ICU

Walk 200,000 steps this October

Challenge yourself to to walk 200,000 steps, representing the more than 200,000 people admitted to intensive care each year across Australia and New Zealand.

How to get involved:

-  Sign up to step up, you can participate individually or create a team!
-  Fundraise throughout October
-  Share your stories and celebrate your achievements with the StepUp community
-  Invite your friends and family to support you



Together we can

- Raise awareness of intensive care
- Support intensive care research and education
- Help improve outcomes for critically ill patients

**Scan the QR
code to register!**



StepUp4ICU is proudly brought to you by the Australian and New Zealand Intensive Care Foundation. Every dollar raised supports intensive care research and education across Australia and New Zealand.