

HOW TO CONNECT STRAVA

1. SIGN IN

Sign in to your everydayhero account. You can do this at everydayhero.com/au/sign-in. Once you've signed in, open the menu in the top right and click 'Account'

2. Select 'Manage Connections'.

3. Choose Strava and hit 'Connect'.

4. CONFIRM

Confirm your Strava account details and hit 'Log In' to complete the integration. Now that your Strava account is integrated with everydayhero, your public Strava workouts will be displayed on your Bondi to Bush fundraising page.

The post will display a map of your route and information about your workout including distance, duration, speed and calories to show just how much effort you've put in.

Show everyone just how much you're actually doing for the Royal Flying Doctor Service. Not only will this inspire and motivate others (especially if you're in a team), but it will also encourage people to give generously to your page when they see just how dedicated you are!