

BECOME AN EVERYDAY HERO...

Be part of our **PINC** and **STEEL** Team



By competing, you can run or bike with a mission and raise money for our cancer rehabilitation charity.

As a supporter, you can sponsor a friend, to complete their mission.

There's many ways to be involved, and you'll have lots of fun along the way!

The PINC & STEEL Cancer Rehabilitation Programs provide individualised, prescribed rehabilitation to women and men diagnosed with cancer; helping them heal as well as possible and to function at optimal levels through every stage of their treatment and recovery.



IT IS THIS EASY TO BECOME AN EVERYDAY HERO

JOIN TEAM **PINC** and **STEEL** and fundraise to help someone diagnosed with cancer in New Zealand get back their strength and confidence.

Visit www.pincandsteel.com/everydayhero to find out more.

Competitors raising funds for the The PINC & STEEL Cancer Rehabilitation Trust while competing in the Motatapu.

PINC & STEEL
PROGRAM
CANCER
REHABILITATION
TRUST

There are now 22 MILLION CANCER SURVIVORS WORLD WIDE.
1 IN 3 of us will be diagnosed with CANCER in our lifetimes.
60% of us will SURVIVE past 5 years.
If we EXERCISE, we could increase our chance of survival by 50%.

The **PINC & STEEL Cancer Rehabilitation Trust** is a unique New Zealand Charity raising funds to support men and women with any type of cancer gain their physical and emotional strength through an individualised rehabilitation program, incorporating physiotherapy, clinical pilates, resistance training, fatigue management and exercise prescription.

Find out more: www.pincandsteel.com

The PINC and STEEL cancer rehabilitation programs were previously known as Pink and Steel Pilates.