JOIN THE NATIONAL
BANANA DAY
VIRTUAL RELAY

While we're a nation of exercise lovers, more and more Australians say they're not exercising as much as in the past.

Research from Australian Bananas shows over a quarter of Aussies don't believe they're getting the recommended amount of daily exercise (28%) due to working long hours (38%) and having to spend time taking care of the family (33%).

This is lower than during the pandemic, with almost a third of Aussies admitting that exercise has become less of a priority than three years ago (30%), putting it down to being time-poor (37%), being more unmotivated than ever (32%) and not feeling like working out because they're too tired after work (25%).

To get the nation moving this National Banana Day on the 18th October, Australian Bananas is creating a national movement, literally, by calling on every Aussie to make their body sing again with the National Banana Day Virtual Relay.

HERE'S HOW YOU CAN GET INVOLVED:

PUT THE DATE IN YOUR DIARY

18 OCTOBER

You can take part in the free National Banana Day Virtual Relay on **Wednesday 18th October** from anywhere.

CHOOSE AN ACTIVITY

Australian Bananas is encouraging you to do your thing, to make your body sing this National Banana Day.

To share some inspiration, see below the top activities Australians like to take part in:

79%	20%	16%	14%	11%	9%
Going for a walk	Going for a run	Going for a swim	Riding a bike	Doing yoga	Doing pilates

GRAB A BANANA

Former Olympic runner Jana Pittman is leading the charge for getting the nation back on our feet. Joining the relay is as simple as getting active, filming it, posting it and passing it on.

Whether you prefer exercising alone or in a group, we encourage everybody to get moving. To get involved:

Grab a banana	Film yourself being active	Pass the banana 'baton' left or right	Share on Instagram or TikTok tagging #BananaDay and @AustralianBananas

Participants will also go into the running to win **2 x $1,000 EFTPOS Gift Vouchers.**

See https://www.australianbananas.com.au/BananaDay/Terms for terms and conditions.

AUSTRALIAN
BANANAS
Make your body sing!

Follow the virtual relay via Australian Bananas' on their social channels