



## **\*BACKGROUND**

### **Can Too Foundation**

The Can Too Foundation is an independent health promotion charity committed to funding cancer research since 2005.

Can Too offers professionally coached training programs in NSW and Queensland using qualified and experienced Coaches plus supportive Mentors and Team Captains.

Can Too trains all levels, from beginners to more experienced athletes, in structured training programs tailored to specific physical challenges such as running races, ocean swims, trail walking and adventure challenges.

In return for professionally coached [training programs](#), Can Too's participants fundraise much-needed support for Australian cancer research to fund the most brilliant, innovative early career cancer researchers.

Can Too's values are to inspire, engage, support, and empower.

Can Too's vision is transforming lives – through improving health and wellbeing in the community and supporting the research, prevention, care, and control of cancer.

To deliver its vision, the Can Too Foundation has a dual mission of 'cancer prevention' and 'cancer research'.

Cancer Prevention: 17,000 coached – Can Too's mission is to engage and inspire individuals and the community to achieve personal health, wellbeing, and altruistic goals.

Professionally coached programs promote healthy lifestyles and aid in reducing the risk of one-third of cancers which are lifestyle-related.

Cancer Research: \$25,000,000+ Fundraised since 2005 – Can Too's mission is to enable and assist fundraising to support innovation in the prevention, care, and control of cancer.

Fundraising commitments foster a culture of philanthropy and mutual support where our participants are passionate about giving back.

<https://www.cantoo.org.au/>