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Edwina's loving her tiny trainer

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SYDNEY

UNLEASHED

Edwina's loving her tiny trainer

SUNRISE presenter Edwina Bartholomew has issued herself a challenge.

The mum-of-two will embark on a 30km walk on the Northern Beaches next month as ambassador for the annual Coastrek charity fundraiser.

"As many mums know, it can be really hard to get back into exercise after having kids so this was a great way to push myself," Bartholomew told Confidential.

"Kids aren't permitted on the actual walk but Tom and I have been training around Sydney."

Bartholomew, 39, and partner, Neil Varcoe, became parents for the second time in March last year with the birth of son, Tom. They were already parents to three-year-old daughter, Molly.

"It's been the most beautiful way to spend time together and also take in some of the beautiful scenery around our city," she said. "My official training starts next week. All walkers follow the same training program so we are in it together."

Coastrek raises money for The Heart Foundation with some 2500 people set to take part in the walk. Registrations for this year's event close on February 12 and the fundraiser takes place on March 24.

