

10,000 Steps Case Report 2

Monash 10,000 Steps Challenges



MONASH
University

Background:

The Caulfield campus of Monash University initially implemented a 10,000 Steps Challenge for Workplaces, to increase activity in the workplace. Following this, the Wellbeing Happens at Monash (WHAM) group adopted the 10,000 Steps program as a university wide project, to increase fitness and promote wellbeing on its six Australian campuses. The initial North to South Coast to Coast challenge was conducted in 2005 with approximately 800 staff and family members participating. Due to the success of the initial challenge, a further Perth to Broome—Western Seaboard Challenge was conducted in 2006. A staggering 1,121 participants took part in this challenge.

Partners Involved:

Monash Occupational Health, Safety & Environment Unit, Monash Sport, Monash Community Services, Monash Health Service.

Objectives:

- To encourage Monash University staff to get fitter and healthier.
- To develop stronger community links both within and outside the university.
- To increase awareness of the importance of exercise in developing and maintaining a fit and healthy body.

Implementation Strategies:

- Staff were notified of the 2006 challenge via email, a breakfast launch and through the Monash University website.
- The Western Seaboard Challenge – Perth to Broome – was conducted with teams of 8 led by a team captain.
- Celebratory events were held across all campuses.

Outcomes:

- A total of 1,121 participants and 143 teams were involved in the challenge.
- A total of 426,006,651 steps were taken.
- Participants averaged 12,237 steps per person per day.

Where to from here:

- Increased awareness of health and wellbeing and importance of exercise.
- Monash will be conducting a further 10,000 Steps Challenge in 2007.

Lessons Learnt:

1. Proved extremely successful in gaining Monash university participation by staff and their families.
2. Participation increased from approximately 800 in 2005 to 1,121 participants in 2006.
3. Organisation of challenge improved and awareness of program has been spread far and wide within the university.
4. Staff enjoyed the challenge and enjoyed getting fit and developing closer links with colleagues and in some instances staff from other departments.
5. New initiative encouraged staff to 'get to know their numbers' which required staff to get their weight, height, waist and body mass index and blood pressure, cholesterol, and blood sugar checked.

Total Project Costs:

- Total is unknown but including staff, resources etc, it would have cost approximately \$20,000.
- This project was self-funded by Monash University.

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