

# Forward

Although the benefits of a physically active lifestyle are widely understood, a lack of sufficient activity remains one of the major modifiable determinants of poor health and well-being in society today. Often the research into understanding the benefits of physical activity has outpaced the research aimed at understanding how to increase levels of activity in the population.

One successful program of research that has translated itself into widespread adoption at the individual and community level is the 10,000 Steps program. The program started life as a whole-of-community project in 2001 entitled "10,000 Steps Rockhampton". The original project, funded by Queensland Health, was a collaborative effort between the University of Queensland, Queensland University of Technology, Sports Medicine Australia, the National Heart Foundation and Central Queensland University and was aimed at providing a sustainable model of physical activity promotion at the community level. Since 2004 the program has been disseminated widely at the individual, workplace and community level across Queensland and throughout Australia.

Translation of the science of physical activity promotion is an art, and the artists are the health promotion practitioners who reside in a wide range of community and workplace settings. It is their experience that is essential in understanding the best practices that work towards increasing physical activity in the wide range of settings that are the real world of health promotion.

10,000 Steps is the what. This book is the how. The case reports presented here have been provided by the health promotion practitioners who have provided their insights and lessons learnt into how to initiate physical activity interventions built around the 10,000 steps-a-day theme.

A special thanks go to all those who have provided their experience for others to learn from. And best wishes to those who will use these stories to guide their own efforts in increasing the health of their own organisation or community.

Sincerely,

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