

Resource Overview

This resource highlights the use of the 10,000 Steps resources and materials by 10,000 Steps Providers in a series of individual case reports. It provides a great overview of the various 10,000 Steps strategies Providers have implemented and the different approaches they have taken. Each case report follows the same format presenting the Background, Partners Involved, Objectives, Implementation Strategies, Outcomes, Where To From Here, Lessons Learnt, Total Project Costs and Timeframes.

10,000 Steps Challenge

This section highlights the implementation of the 10,000 Steps Challenge across a variety of organisations including government, corporate and private workplaces, health service providers, schools and universities. These case reports highlight a variety of different implementation strategies (community and workplace challenges; paper-based and online Step Log challenges; 10,000 Steps, custom and timed challenges), outcomes and most importantly, lessons learnt when conducting a 10,000 Steps Challenge. The case reports present lessons to consider in the promotion, implementation, success and evaluation of the Challenge. More specifically, they give hints to consider when preparing and planning a challenge, using pedometers, using the 10,000 Steps website and online Step Log, using incentives, communicating with participants and other hints for coordinators when implementing the challenge.

10,000 Steps Pedometer Loan Scheme

This section highlights the implementation of the 10,000 Steps Pedometer Loan Scheme in Public and University Libraries. The case reports present a number of lessons learnt relating to the importance of partnerships in implementing a loan scheme, ways to effectively promote the loan scheme and also some implementation (i.e. number of pedometers made available for loan) and evaluation ideas to consider.

10,000 Steps Community Initiatives

This section highlights a multiple-strategy approach to implementing 10,000 Steps in a Community. These communities have implemented a variety of social support, environmental and media strategies to raise awareness and increase levels of physical activity in their community. Such strategies include 10,000 Steps Challenges, 10,000 Steps Pedometer Loan Schemes, 10,000 Steps Walkway Signage and Maps, Community Walks and media promotion. The lessons learnt in regards to implementing a community initiative centre around the importance of partnerships and evaluation. These case reports also present lessons about promotion and implementation.

Other 10,000 Steps Initiatives

This section highlights a few alternate ways in which Providers have used the 10,000 Steps resources to suit their organisation or community goals. These strategies include a Physical Activity Day and the development of a walking group.

Summary

Overall, this resource highlights the flexibility of the 10,000 Steps strategies and shows how they can be tailored to suit each individual organisation. We hope that these case reports can assist you and your organisation or community when implementing 10,000 Steps strategies in the future.