

Forward	2
Resource Overview	3
10,000 Steps Challenge	4
• Case Report 1: City of Origin—Rockhampton Vs Townsville	5
• Case Report 2: Monash 10,000 Steps Challenges	9
• Case Report 3: Port Lincoln Aboriginal Health Service Staff Challenge	10
• Case Report 4: MBF 10,000 Steps Healthy Living Program for staff	11
• Case Report 5: DMO, Department of Defence 10,000 Steps Program	13
• Case Report 6: Anglo to Anglo Challenge	15
• Case Report 7: Blue Care Southern Region Workplace Challenge	16
• Case Report 8: Ipsos Workplace Challenge	19
• Case Report 9: 10,000 Steps Battle of the Shires—Bowen	20
• Case Report 10: 10,000 Steps Battle of the Shires—Burdekin	23
• Case Report 11: Department of Natural Resources & Water, Central West Region	27
• Case Report 12: Cobar Management 10,000 Steps Workplace Challenge	29
• Case Report 13: Commonwealth Treasury’s Health Month	30
• Case Report 14: Latrobe Community Health Service Workplace Challenge	31
• Case Report 15: 10,000 Steps Freemantle Challenge	34
• Case Report 16: Inala Majeerah	36
• Case Report 17: Healthy Lifestyles	38
• Case Report 18: My Wellbeing—Redland Shire Council’s Staff Wellness Program	40
• Case Report 19: Salisbury High School Staff Challenge	41
• Case Report 20: Sinclair Knight Merz 10,000 Steps Challenge	43
• Case Report 21: CQU 10,000 Steps Coast to Coast Challenge	44
10,000 Steps Pedometer Loan Scheme	46
• Case Report 22: South East Active Living Seniors (SEALS) 10,000 Steps program	47
• Case Report 23: 10,000 Steps Redcliffe City Library Loan Scheme	49
• Case Report 24: Healthier Universities Program CQU	51
10,000 Steps Community Initiatives	53
• Case Report 25: 10,000 Steps Mackay	54
• Case Report 26: 10,000 Steps Cairns	57
• Case Report 27: 10,000 Steps Moranbah	61
• Case Report 28: 10,000 Steps Townsville	64
Other 10,000 Steps Initiatives	68
• Case Report 29: Shalom Christian College Walking Group	69
• Case Report 30: Robinvale on the Move	70