

Register as a Coordinator

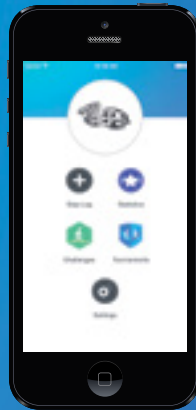
Becoming a 10,000 Steps Coordinator provides you with additional resources and features on our website. These support you to use the 10,000 Steps program to promote physical activity within your community. Registering as a Coordinator is easy...

- If you are not already a 10,000 Steps member - in Step 3 of the sign up process, select that you would like to register as a Coordinator rather than a participant.
- If you are already registered as a participant and would like to upgrade to become a Coordinator, visit the Coordinator Details section of your account and follow the steps.



Count your steps.

Use an activity tracker to count your steps throughout the day and provide you with instant feedback. This feedback can assist in increasing awareness of current daily physical activity levels and encourage users to set measurable personal goals. Participants can use pedometers, activity trackers or smart phone applications to count their steps. Discounted 10,000 Steps branded pedometers can be purchased in bulk from Health Management Group Pty Ltd at www.10000steps.net.au



10,000 Steps Application

The free 10,000 Steps application is now available on a range of devices and allows you to record your steps and view your individual and team progress.

The 10,000 Steps application can be downloaded for free from your app store.

For information on the 10,000 Steps program contact:

10,000 Steps
T: 07 4930 6751
E: 10000steps@cqu.edu.au
W: www.10000steps.org.au

10,000 Steps Pedometers and Logbooks are distributed by:

Health Management Group
T: 1800 000 180
E: info@healthmg.com.au
W: www.10000steps.net.au

www.10000steps.org.au



10,000 Steps Community Resources

Save time and money by using our established, evidence-based resources!



Every step counts.



Healthier. Happier.



www.10000steps.org.au

Choose a healthier life.

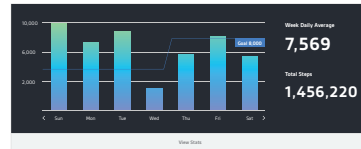
Regular physical activity is a proven way to prevent chronic diseases and cancers as well as improve your mood, concentration and emotional health. There's no doubt that increasing levels of physical activity can be challenging. Many of us spend a third of our waking lives at work, and for a lot of us that time is spent sitting. When we combine our busy work life with social activities that don't require us to be active, it's little wonder that we're moving less and not reaping the rewards of being active.

Choosing to move more across the day can really pay off and that is what 10,000 Steps encourages everyone to do!

Make every step count in your community.

There are many ways in which communities can promote physical activity and healthy behaviours. 10,000 Steps participants use a step-counting pedometer (or activity tracker) to monitor their daily activity and work towards the goal of achieving 10,000 steps per day.

The free 10,000 Steps website, available to any individual in your community, allows participants to record their steps, set goals, view their progress and join monthly Challenges on the interactive dashboard.



We are here to help.

Run by the team at CQUniversity Australia, 10,000 Steps is a free, fun and easy way for individuals, communities and workplaces to increase participation in physical activity. 10,000 Steps aims to increase awareness of physical activity and provide a tool to encourage and support participants to increase their daily physical activity levels. Let us help you promote physical activity messages using the recognised and credible 10,000 Steps brand and evidence-based resources.

Sign up as a 10,000 Steps Coordinator to find out more about our community strategies that are designed to help create a healthy, active community. Our friendly team are here to support you every step of the way.



10,000 Steps Community Strategies

Walkway Signage

Built environments have the potential to encourage and support people of all ages to engage in physical activity for health, leisure and active transport. The 10,000 Steps Walkway Signage strategy includes design files to develop a series of signs which can be used to promote the use of walkable environments and pathways. The Walkway Signage design files provided to 10,000 Steps Coordinators can be customised to create measured and marked signs to identify directions and distances along walkways and to local destinations.



The Dog Walking Strategy

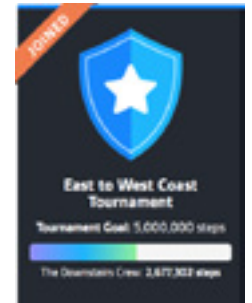
Encourage physical activity through the promotion of responsible dog walking in your community. The 10,000 Steps Dog Walking poster and brochure provide information on the benefits of physical activity for both dog owners and their pets. These materials can assist in the promotion of council initiatives such as dog off-leash areas and can be included in dog registration packs.



Community Tournament

The Community Tournament encourages groups of people to work together in teams to log steps and complete virtual walking journeys. To start a 10,000 Steps Tournament:

1. Register as a Coordinator on our website www.10000steps.org.au.
2. Select a Time Out or Race Tournament.
3. Choose your start date and recruit participants.
4. Ask participants to sign up online and organise teams.
5. Start your Tournament! Encourage participants to log their steps.
6. Track Tournament progress.
7. Celebrate the end of the Tournament with a special event to acknowledge participation!



Promoting Your 10,000 Steps

Create ownership of your program by requesting a personalised 10,000 Steps logo. Promote physical activity in your community by using this logo and adding links to the 10,000 Steps program on your website.

- Add value to your website pages such as walkways and dog off-leash areas.
- Use the established 10,000 Steps brochures and posters to increase physical activity awareness.
- Use the power of social media, newsletters, newspapers, TV and radio to promote your messages.

