

# Sign up for free to the 10,000 Steps program.



*Every step counts.*

## What is 10,000 Steps?

10,000 Steps is a free physical activity program, run by the team at CQUniversity Australia. Regular physical activity is a proven way to prevent chronic diseases and cancers as well as improve your mood, concentration and emotional health. With the help of a pedometer or activity tracker, 10,000 Steps aims to make you aware of how active you are and encourage you to move more every day!

## Make every step count.

The recommended **daily step goal** for healthy adults is 10,000 steps. So, put on a pedometer and see how many steps you do! Make every step count by choosing to move more across the day. Even if you are not reaching 10,000 steps per day, you may be surprised at how many steps you already do, and how easy it is to add more. Talk to your GP or allied health professional about your goal

## Step up to the challenge today.

Visit the 10,000 Steps website [www.10000steps.org.au](http://www.10000steps.org.au) for articles about physical activity and to sign up to access our interactive dashboard. All you need is a pedometer or activity tracker to get started!

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*The 10,000 Steps dashboard has a step log where you can record and monitor your steps and minutes of physical activity. It also gives you access to a range of other exciting features.*

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- **Daily goal progress...** encouraging you to reach your steps goal
- **Graphs & statistics...** see how your activity changes over time
- **Monthly Challenges...** for individuals who like a goal to work towards
- **Race and Time Out Tournaments...** for teams of friends or workmates
- **Connect with friends...** to see each other's progress
- **Badges...** be rewarded when you reach a range of milestones

## More ways to log.

The free 10,000 Steps application is now available on a range of devices and allows you to enter in your daily steps and view your individual and team progress. *\*The app does not track your steps.*

[www.10000steps.org.au](http://www.10000steps.org.au)



Healthier. Happier.

