

Pedometers

A pedometer (steps counter) is a motivational tool that counts your steps throughout the day. By providing instant feedback, the use of a pedometer can assist in increasing awareness of current daily physical activity levels and encourage users to set measurable personal goals.

10,000 Steps Pedometers and Logbooks

10,000 Steps Pedometers, logbooks and other merchandise can be purchased from Health Management Group Pty Ltd or at www.10000steps.net.au. There are a variety of pedometer models and discount prices for bulk purchases are available.



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.



10,000 Steps is most effective when used as part of a broader wellness program which promotes physical activity, nutrition, healthy weight, safe alcohol consumption and quitting smoking. To find out more about staying healthy visit the Healthier. Happier. website www.healthier.qld.gov.au

For information on 10,000 Steps Tournaments 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 Tournaments

Challenge yourself, friends and workmates to a 10,000 Steps Tournament.



Healthier. Happier.



Every step counts.

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!

We are here to help.

Run by the team at CQUniversity Australia, 10,000 Steps is a free, fun and easy way for individuals, workplaces and communities 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 physical activity levels. By registering as a 10,000 Steps Coordinator, you can access our established, evidence-based resources to promote physical activity in your workplace or community and create 10,000 Steps Tournaments. Our friendly team is also here to support you every step of the way.

Make every step count.

10,000 Steps participants use a step-counting pedometer (or activity tracker) to monitor their daily activity and work towards the goal of 10,000 steps per day. The free 10,000 Steps website allows participants to record their steps, view their progress and participate in monthly Challenges on the interactive dashboard. Participants can also participate and view their progress in 10,000 Steps Tournaments (once added to a team by a 10,000 Steps Coordinator).

Make it count in your workplace.

The workplace is a great place to promote healthy behaviours. Current 10,000 Steps Coordinators have found 10,000 Steps to be a useful and easy to implement program that effectively increases the physical activity of their workers.

The proven benefits of workplace health promotion include:

- Improving employee health and fitness, productivity and motivation, job satisfaction and morale
- Reducing absenteeism and turnover, stress and injury, and workers compensation claims



Step up to the challenge today.

The 10,000 Steps Tournaments provide an opportunity for teams to work together to take positive steps towards better health. The Tournaments are designed to be flexible and can be tailored to meet the needs of your participants. Anyone can sign up as a 10,000 Steps Coordinator to challenge teams of friends, workmates or community members to step together and compete in a 10,000 Steps Tournament. Additional resources are available to guide you through the planning, implementation, and evaluation stages of your Tournament.

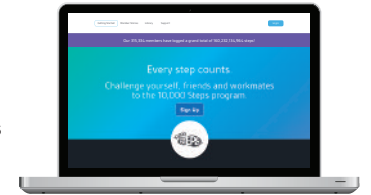
Step 1: Take the first steps

Once you have decided to conduct a 10,000 Steps Tournament, sign up on www.10000steps.org.au and register as a 10,000 Steps Coordinator.

Then access the Tournament resources and choose:

- The type of Tournament (Race or Time-out)
- When to start
- Your preferred team size (Recommend 10, maximum 20 members per team)
- If there will be awards for Tournament participants and winners

Some groups choose to encourage friendly competition among teams, others don't, it's up to you!



Step 2: Participants start moving

Participants register with the 10,000 website individually and use a pedometer (or activity tracker) to monitor the steps they take each day and record them on the 10,000 Steps website and/or the 10,000 Steps application. For participants without regular computer access, paper logs are an option and are available to be printed from the website. The website allows individuals to track their activity levels with graphs, statistics and badges to reward achievements.

To purchase affordable, quality 10,000 Steps pedometers see the back of this brochure.



Step 3: Make the steps count for your teams

On your dashboard, start a Tournament to track the progress of your teams on the interactive 10,000 Steps website. If you've made the decisions and your participants are all signed up, this step is easy!

Encourage your participants to move more to make their steps count for them and their team. Teams will be able to view their members steps and progress on graphs and also view how their team compares to other teams in the Tournament.

