

# Every step counts.



## What is 10,000 Steps?

The 10,000 Steps Program is an evidence-based, physical activity initiative delivered by the team at CQUniversity Australia. Physical activity has many health benefits for hearts, bodies and minds. Log steps and challenge yourself to move each day with a daily step goal that suits you. Our team can help you get started!

**10,000 Steps is a free program to support and motivate you to be more active every day.**



Set yourself a daily step goal



Find ways to move more each day



Sync steps from your activity tracker



Monitor your step statistics



Connect with Friends and Family



Join FREE Step Challenges

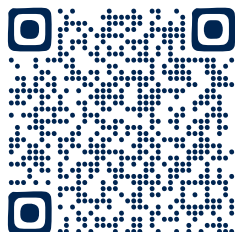
## Take the first step

Start stepping towards a healthier, happier you by downloading the **FREE** 10,000 Steps app.

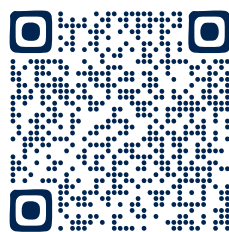
- Add steps and minutes of activity
- Sync steps from Apple Health and Health Connect
- See progress towards your daily goal
- View your steps graphs and statistics
- Create personalised reminders
- Read evidence-based articles
- Join FREE step challenges each month



Download on the  
**App Store**



GET IT ON  
**Google Play**



Access online  
[10000steps.org.au](https://10000steps.org.au)

