



Challenge yourself, friends and workmates to the 10,000 Steps program.

What is 10,000 Steps?

10,000 Steps is a free program that encourages Australians to increase their physical activity, 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 encourages you to move more every day!

Make every step count.

The recommended daily step goal for healthy adults is 10,000 steps per day. So put on a pedometer and see how many steps you do! Make every step count by choosing to move more across the day - park further away from your destination, take the stairs instead of the lift or meet a friend and walk while you talk. Even if you are not reaching 10,000 steps a day, you may be surprised at how many steps you already do, and how easy it is to add more.



Every step counts.

www.10000steps.org.au



Step up to the challenge today.

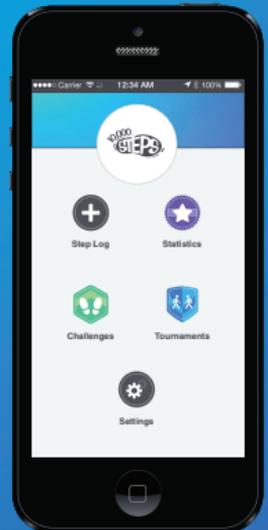
Visit the 10,000 Steps website www.10000steps.org.au for physical activity information and sign up to access our interactive dashboard.

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:

- **Daily goal progress...** encouraging you to move more
- **Graphs & statistics...** see how your activity changes over time
- **Monthly Challenges...** for individuals who like a goal to work towards
- **Race & 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 record your steps and view your individual and team progress.



Need a Pedometer?

Order your pedometer from www.10000steps.net.au or call HealthMG on 1800 000 180.



Healthier. Happier.