

## **MEDIA RELEASE**

### **1,000 People For 10,000 Steps**

17<sup>th</sup> July 2017

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One hundred and sixty five and counting. Healthy Together Mildura have set their sights high, aiming to have a whopping 1,000 participants register for the annual 10,000 Steps Challenge.

Healthy Together Mildura (HTM) are challenging teams across the region to get healthy and get active. Over the five week Challenge, HTM are asking teams to put their best foot forward and challenge participants to get active by walking 10,000 steps each day (the recommended daily minimum for good health).

Now in its fifth year, HTM are aiming to have a massive 1,000 people participate in the 10,000 Steps Challenge. In 2016, 685 people participated, taking a combined total of 211,812,640 steps, or the equivalent of walking around the world four times!

Registrations for the annual 10,000 Steps Mildura Challenge are now only open for another two weeks. The Challenge will run from Tuesday 1st August to Sunday 3rd September 2017. Previous winners, Club Aquarius, will be defending their claim to the much coveted 'Golden Sneaker' Trophy.

According to the Victorian Population Health Survey, more than half (55.4%) of adults living in Mildura don't currently get enough exercise. It is recommended that adults take 10,000 steps daily or do 30 minutes of moderate physical activity a day, 5 days a week to maintain and improve health and wellbeing.

Acting Community Wellbeing and Services Portfolio Councillor, Mark Eckel said the benefits of walking were often overlooked.

"As a society, we are not as physically active as we should be" Cr Eckel said. "Walking is one of the best exercises you can do to improve or maintain general health."

"One of the best things about walking is that it's free," said Cr Eckel. "It is suitable for all fitness levels, and for young and old. Everyone knows how to do it, and the only equipment you need is a good pair of shoes."

Healthy Together Mildura, Health Promotion Officer, Laura Duff spoke to the benefits of pedometers and similar wearable activity trackers.

"Pedometers are great motivational tools. They allow you to easily track and monitor your progress. During the 10,000 Steps Challenge, we encourage participants to think about how they can incorporate more physical activity into their day to day lives. Simple tips to get more active include;

- Walking or riding to work or school,
- Having a standing or walking meeting,
- Parking further away and walking the extra distance to your destination;
- Breaking up activity into small blocks throughout the day."



Physical inactivity takes an immense toll on the Australian community, causing an estimated 14,000 premature deaths a year – similar to the number caused by smoking. According to the National Heart Foundation even moderate amounts of physical activity is beneficial. Being active for as little as 30 minutes a day, five days a week, can reduce your risk of death from heart attack by a third, as well as help you sleep better, feel better, improve your strength and balance, and maintain your bone density. It also helps in managing your weight, blood pressure and cholesterol.

Don't miss out on your opportunity to participate in the 10,000 Steps Challenge for 2017. Get together a team of up to ten colleagues, friends or family and get healthy and active this August. Healthy Together Mildura has 400 pedometers which are available for 6 week loan through all Mildura Rural City Council Libraries.

To sign up to the Mildura 10,000 Steps Challenge visit:  
[www.healthytogethertomildura.com.au/10000steps](http://www.healthytogethertomildura.com.au/10000steps)  
The Challenge runs from Tuesday 1st August – Sunday 3rd September.  
Registrations close Monday 31st July.

Healthy Together Mildura would like to thank the sponsors of the 10,000 Steps Challenge; Banjos Bakery Café, Subway, Club Aquarius and Mildura Waves.

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