



MEDIA RELEASE

10,000 Steps Challenge – Launch Event

Tuesday 1 August 2017

The fifth annual 10,000 Steps Challenge begins today! The 10,000 Steps Challenge encourages the community to make physical activity part of every day. Across the next 5 weeks, teams from workplaces, schools, community groups and early childhood services will be putting their best foot forward to sit less and move more.

Over 800 individuals, in over 155 teams from across the region are participating in the Healthy Together Mildura 10,000 Steps Challenge and have set the goal of walking 10,000 steps every day for five weeks, from Tuesday 1st August – Sunday 3rd September.

Today - Healthy Together Mildura and Club Aquarius are hosting a launch event with a 'Steps Themed' Steps Class. Fifty participants will be taking part, boosting their step count with an hour long dance session to the best 'Stepping' songs including; These boots are made for walking, Step by step, and Footloose.

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.

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

For more information about the Mildura 10,000 Steps Challenge visit:
www.healthytogethertmildura.com.au/10000steps

PHOTO OPPORTUNITY

What: 10,000 Steps Challenge Launch – Step Themed Steps Class

Date: Tuesday 1st August 2017

Time: 5.30 - 6.30pm

Location: Club Aquarius, 735 Fifteenth Street, Mildura

Approx. 50 participants from the 10,000 Steps Challenge

END

Media enquiries to:



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