

## **MEDIA RELEASE**

### **10,000 Steps Challenge - Celebrating Achievements**

7 September 2017

---

Over the past five weeks, workplaces, schools, community groups and early childhood services have strapped on their sneakers and put their best foot forward to sit less and move more.

Over 1,450 individuals, in 181 teams from across the region have participated in the Healthy Together Mildura 10,000 Steps Challenge and set a goal of walking 10,000 steps every day for five weeks. The 10,000 Steps Challenge is an annual event, encouraging the community to make physical activity part of every day.

Collectively, participants took a whopping 505 million steps. That's the equivalent of walking from the Earth to the Moon! Overall, participants averaged 10,237 steps per day, achieving the physical activity recommendation; completing 30 minutes moderate physical activity daily or in simpler terms; 10,000 steps per day in order to maintain good health.

This Friday, Healthy Together Mildura and the community will celebrate participants' achievements at a special Awards Breakfast to be held at the Benetook Room. A highlight of the event will be the presentation of the annual Golden Sneaker Award to the highest stepping team.

Awards to be presented include:

- 1st, 2nd and 3rd place teams
- Most Improved Team
- Education Sector Award
- Most Motivational Team Captain
- Most Motivated Individual
- Highest Stepping Individual
- Workplace Encouragement Award

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.

Through supporting programs such the 10,000 Step Challenge, Walk to School month and Ride and Stride zones, Healthy Together Mildura aim to create a supportive environment for people to move more, sit less and to encourage the development of healthy habits.



Event details and photo opportunity:

What: Mildura 10,000 Steps Challenge Awards Breakfast

Date: Friday 8th September 2017

Time: 7 – 8 am (Awards presented at 7:30am sharp)

Location: Benetook Room, Mildura Visitor Information Centre, Deakin Ave.

VIPS: Mayor Glen Milne and Cr Jason Modica will be in attendance

Details of award winners can be provided on request following the event.

For more information about the Mildura 10,000 Steps Challenge visit:

[www.healthytogetharmildura.com.au/10000steps](http://www.healthytogetharmildura.com.au/10000steps)

**END**

Media enquiries to:

Laura Duff

Health Promotion Officer

Healthy Together Mildura

[Lduff@Schs.Com.Au](mailto:Lduff@Schs.Com.Au)

T: (03) 5025 9607