



Healthy Together Mildura health promotion officer Laura Duff with the Golden Sneaker Award and members of last year's 10,000 Steps Challenge winning team Club Aquarius. Mandy Wells, Ehiana Mackay, Tracey Sherlock and Narella Hollywood.

Picture: Louise Donges

# 10,000 steps in right direction

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.

More than 1450 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 at 10,000 Steps events, which have been created to encourage the community to make physical activity part of every day life.

Collectively, participants took a whopping 505 million steps – an average of 10,237 steps per day to achieve the physical activity recommendation of completing 30 minutes of moderate physical activity daily to maintain good health.

Healthy Together Mildura and the community will today celebrate participants' achievements at a special awards breakfast 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 first, sec-

ond and third-placed teams, Most Improved Team, Education Sector Award, Most Motivational Team Captain, Most Motivated Individual, Highest Stepping Individual and Workplace Encouragement Award.

Physical inactivity takes an immense toll on the Australian community, causing an estimated 14,000 premature deaths per year – similar to the number caused by smoking. According to the National Heart Foundation, even moderate amounts of physical activity are beneficial.

Being active for as little as 30 minutes a day, five days a week, can reduce the risk of death from heart attack by a third, as well as helping people to sleep better, feel better, improve strength and balance, and maintain bone density.

It also helps in managing weight, blood pressure and cholesterol.

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

## IN BRIEF

### Fire service reforms backed

THE Victorian Labor Government says it supports all substantive recommendations of the Select Committee Inquiry into fire services reforms and will act on all concerns raised by the inquiry.

The government response to the Select Committee Inquiry was tabled yesterday and accepts or accepts-in-principle nine of the inquiry's 12 recommendations.

The government said it remained focused on reforming Victoria's outdated fire services and implementing the framework for change proposed in the Firefighters' Presumptive Rights Compensation and Fire Services Legislation Amendment (Reform) Bill 2017.

A number of amendments will be made to address issues surrounding secondment, support for volunteers, funding certainty for the CFA and strengthening the powers of the CFA Chief Fire Officer.

### Injecting centre endorsed

VICTORIAN MP Fiona Patten has welcomed the findings of the Parliamentary Inquiry into the Medically Supervised Injecting Centre (MSIC) Bill.

The Bill proposes an 18-month trial of a medically supervised injecting centre (MSIC) in North Richmond, where last year 34 people died and hundreds overdosed.

"The inquiry heard evidence that overwhelmingly endorsed the trial," she said.

"Importantly, a Victoria Police submission to the inquiry did not oppose it either.

"Three coronial reports have now recommended that a trial be established and they

have been backed by the AMA, the Salvation Army, the Royal Australasian College of Physicians, The Pharmacy Guild, The Royal Australian College of General Practitioners, local government and paramedics," she said. "Only one conclusion can possibly be drawn on the evidence put before the inquiry ... that the parliament must endorse this trial."

### Volkswagen to publish notice

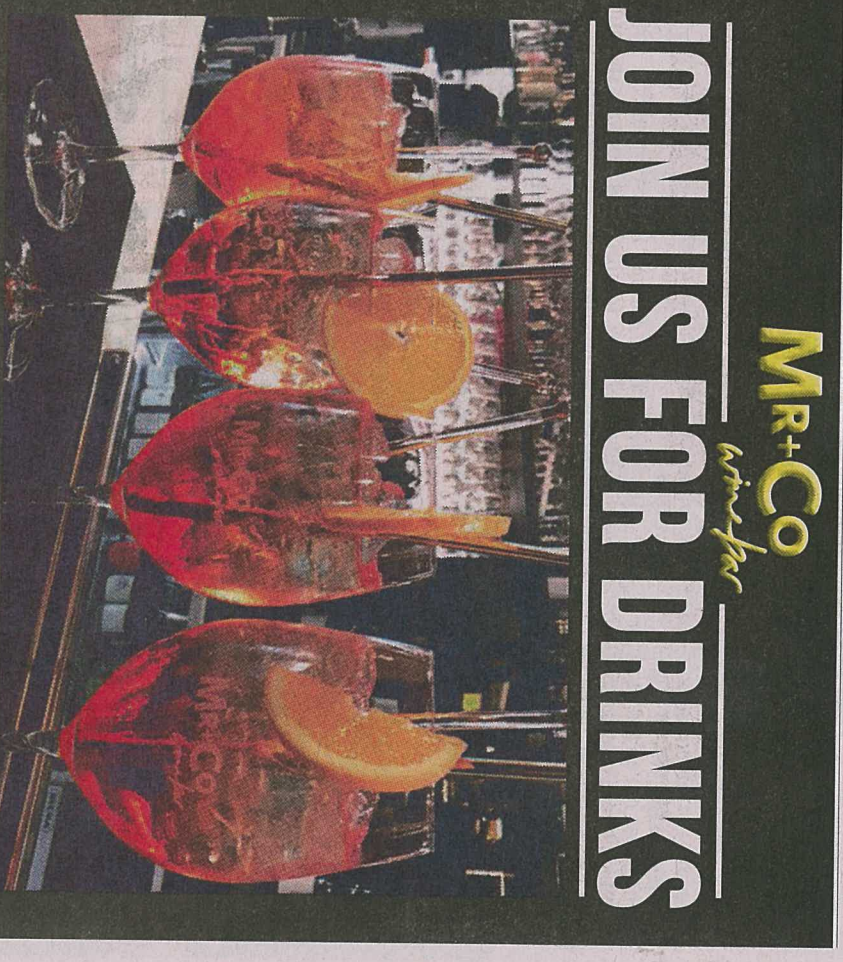
GLOBAL vehicle giant Volkswagen has been ordered to publish a nationwide notice about information concerning the class actions related to the global Dieseltgate emissions scandal that is estimated to have impacted about 100,000 motorists across Australia.

The Federal Court has ordered that the notices be displayed on the VW, Audi and Skoda corporate websites and Australian Facebook pages, in what is believed to be first instance of Facebook being used in a federal consumer class action.

Abridged versions of the notices are also to be published in major state and national newspapers from next week, clarifying key issues relating to the voluntary recall being undertaken by the manufacturers.

Maurice Blackburn is representing thousands of affected Australian Volkswagen, Audi and Skoda motorists, and had requested Court orders that the notices be issued. In part to better inform those unwittingly caught up in the global diesel emissions scandal.

In handing down judgment on the issue, presiding Judge Justice Lindsay Foster said it was "necessary to put the record straight".



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