

Latrobe 10,000 Steps Challenge



Monday, 18 October - Sunday, 21 November 2021



To find out more, or to register your organisation,
visit: www.lchs.com.au/ten-thousand-steps



Latrobe 10,000 Steps Challenge



Ten thousand steps – that's the recommended daily minimum step count for a healthy, active person. So, how many steps have you done today?

The Latrobe 10,000 Steps Challenge is encouraging people to make movement part of their everyday lives. One in every two Victorian adults does not get enough exercise.

Latrobe Community Health Service is challenging teams across the state to get healthy and get active!

Compete against teams from other workplaces to fight for the prestigious 'golden sneaker', awarded to the highest stepping team. Get involved in the fun and be in the running for great prizes.

The Latrobe 10,000 Steps Challenge aims to:

- Increase awareness of physical activity levels
- Increase employees' physical activity levels
- Promote movement at work and at home
- Be a lot of fun!

We will be with you every STEP of the way.

There are heaps of resources available for coordinators and team captains.

[How to register:](#)

Step 1

Choose your workplace coordinator and get them to register your organisation for the challenge. Your workplace coordinator can register online at: www.lchs.com.au/ten-thousand-steps

We're opening the challenge up to sports clubs and community groups this year. So follow the same steps to register your organisation, and we'll add you to our challenge.

Once your organisation is registered, your coordinator will receive further instructions.

Step 2

Create teams of 6-10 members.

If you want to join the challenge, but don't have a team, we can help! Just register following **Step 1** and tick the box 'I don't have a team'. We will find a team for you so you can still participate in the challenge.

Step 3

Nominate a team captain and come up with a fun team name. Team captains will fill out a form listing the names and email addresses of all team members, which will be submitted to your workplace coordinator. Team captains will have access to resources to help motivate their team members.

Step 4

Once you have decided on a team captain, it's time to become an official participant! All team members must create an account via the **10,000 Steps Challenge website**, in order to participate.

Step 5

For the duration of the challenge, record your steps and log them online. Get stepping and get counting!

Participants log their steps using the 10,000 Steps website, or via the mobile app. Participants who have a Fitbit or Garmin will be able to sync their watch to the 10,000 Steps log.

Step 6

Stay motivated by joining the 10,000 Steps Challenge Facebook community for 2021. **Join the group here.**

Within the Facebook group we will share tips and tricks for hitting your step count daily, weekly ladder updates and our competition winners. Chat to other competitors and share photos of your walks, all in one safe space.

We can't wait to see you there!

Workplace registrations open Monday 20 September 2021

Teams need to be finalised and submitted to Latrobe Community Health Service by Monday 11 October 2021.

