

# 2017 Community Grant Outcomes



## Bell State School – 10,000 Steps Wellbeing Tournament

### 10,000 Steps Strategy: Community Tournament

#### Grant Objectives:

- To encourage physical activity and wellbeing amongst the community of Bell.

#### Grant Outcomes:

- Conducted the Gold Coast 2018 Commonwealth Games Venues Tournament.
- Purchased 130 pedometers to give out to the 104 participants that were split into 8 teams.
- Twice weekly email updates were sent out to participants to encourage them to log their steps on the website.
- Each week an article was added to the Bell State School newsletter to keep the community up to date about the progress of the teams.

#### 10,000 STEPS CHALLENGE UPDATE

A big week of stepping saw four teams reach the finish line with two more hot on their tail. Congratulations to the Bell Veterinary team, our Intrepid Steppers, who finished in 2nd position. A final lunge for the finish line saw The Strollers leap into 3rd place ahead of Steady. The Bell Mountaineers look likely to finish today or tomorrow with The Walkabouts not far behind. The students put in a huge effort but unfortunately didn't find the time to enter their steps into the website thus leaving them a step behind the rest. They could well have won had they jumped online more often, maybe next time. Well done to all. Hang on to those pedometers and look out for another challenge in Term 1, 2018, in the meantime, why not create your own and challenge your family and friends?

*“It was a fun Tournament that encouraged friendly banter, brought our school closer to our community and made everyone more aware of how much walking they actually do.”*

*“A great initiative and we’ve had lots of fun!”*

*“More conversations have occurred around levels of physical activity and how much physical activity people do or don’t do.”*

Rank	Team	Captain	Members	Steps	Progress
1	TW	The Walkabouts	Captain: Sophie Walker Members: 11 team members	2,245,728 steps Last checked: 1 Oct 2017	100% completed 23 Oct 2017
2	TI	The Intrepid Steppers	Captain: Jane Sullivan Members: 11 team members	2,244,728 steps Last checked: 1 Oct 2017	100% completed 26 Oct 2017
3	TS	The Strollers	Captain: Stephanie Meehan Members: 11 team members	2,245,728 steps Last checked: 1 Oct 2017	100% completed 27 Oct 2017
4	S	Steady	Captain: Sarah White Members: 11 team members	2,244,728 steps Last checked: 1 Oct 2017	100% completed today
5	TB	The Bell Mountaineers	Captain: Dina Omer Members: 11 team members	2,226,311 steps Last checked: 8 Oct 2017	100% complete
6	TW	The Walkabouts	Captain: Sarah Walker Members: 11 team members	2,036,389 steps Last checked: 1 Oct 2017	90% complete
7	S	Steady	Captain: Sarah White Members: 11 team members	1,918,174 steps Last checked: 1 Oct 2017	85% complete
8	TS	The Strollers	Captain: Katherine Ellis Members: 11 team members	1,802,863 steps Last checked: 1 Oct 2017	80% complete

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## Boulia Shire Council – Walk to Health

### 10,000 Steps Strategy: Walkway Signage

#### Grant Objectives:

- To encourage the community in our town to walk instead of driving.
- To raise awareness of the alternate routes through town to points of interest.
- To help promote physical activity in the community.

#### Grant Outcomes:

- Three signs were created and installed on a central post in front of the new park with distances to popular destinations.
- The new park was officially opened on the 2<sup>nd</sup> December and a small story about the signs was included in the local newsletter.



*“Love the extra signage promoting health.”*

*“Makes me want to start counting steps.”*

*“More people are walking in the park.”*

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# 2017 Community Grant Outcomes



## Burdekin Shire Council – Burdekin Community 10,000 Tournament

### 10,000 Steps Strategy: Community Tournament

#### Grant Objectives:

- To encourage physical activity amongst the community.
- To promote an ongoing health and fitness lifestyle.

#### Grant Outcomes:

- Conducted a 6 week Time Out Tournament.
- 210 community members participated as a part of ten teams.
- Weekly emails were sent to all participants to keep them motivated and on track with registering their steps online.
- Since the completion of the Tournament, Council has continued to promote all of the Burdekin walking pathways.

*“Most participants have said that they now walk each day to try and reach their 10,000 Steps a day.”*

*“The 10,000 Steps website was very user friendly.”*

*“There has definitely been an increase in community members using the various walking trails.”*



Burdekin 10,000 Steps Community Tournament sponsors (clockwise from top left) John Bonanno (Sportsfirst), Maree Mulcahy (Snap Fitness), Neville Eathorne (Eathorne's Sportspower), Amanda Escriva (Lucky Blackcat News) and Joanne Barbagallo (Curves) with NRGIZE Walkaholics team members Lisa Zillioto, Melissa Ritchie, Jayne Orchard, Alicia Pennisi and Andrea Pliotto.

### NRGIZE step up to the challenge

WITH more than 6 million steps between them, NRGIZE Walkaholics have walked away with first place in the 2017 Burdekin 10,000 Steps Community Tournament.

The tournament ran from October 9 to November 19 and saw 22 teams of 10 people challenge themselves to notch up at least 10,000 steps every day.

At the end of the six weeks, NRGIZE Walkaholics clocked up the highest number of steps, with a total of 6,081,789.

NRGIZE Walkaholics team

member Melissa Ritchie was also the highest achieving individual of the tournament, cracking the 1 million step mark.

Burdekin Shire Council Mayor Lyn McLaughlin said she wanted to congratulate NRGIZE Walkaholics, Melissa Ritchie and each and every participant for taking part in the tournament.

“Everyone has put in an inspiring effort,” she said.

10,000 Steps is a national health promotion initiative en-

couraging Australians to increase their physical activity.

Cr McLaughlin said the feedback from participants had been very positive.

“Some people commented that trying to reach 10,000 steps each day made them more aware of the small amount of steps they had previously been taking,” she said. “Thanks to all the business houses that contributed to the individual prize packs and assisted to make this initiative such a wonderful success.”

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# 2017 Community Grant Outcomes



## Charters Towers Regional Council – ‘Around the World’ with Towers Rush

### 10,000 Steps Strategy: Community Tournament

#### Grant Objectives:

- To encourage physical activity for the community as a whole.
- To align the Tournament with our Towers Rush event, a family friendly ‘Amazing Race’ style event that requires participants to complete various activities/challenges, both physical and mental.

#### Grant Outcomes:

- Conducted a 4 Week Tournament.
- The Tournament was advertised and promoted on the Council website, the Council Facebook page, local Newspaper, local LED Noticeboard and through posters and flyers.
- 68 community members participated.
- Participants were also encouraged to do as many steps as possible to be in the running for additional prizes.



*“This activity has made participants more aware of the activity that is required to get their 10,000 Steps up each day.”*

*“It was easy for participants to record their steps.”*

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# 2017 Community Grant Outcomes



## Livingstone Shire Council – 10,000 Steps Signage Roll Out

### 10,000 Steps Strategy: Walkway Signage

#### Grant Objectives:

- To maximise potential for the local community and visitors to the area to engage in, and develop healthy walking habits.
- To increase the awareness in the community of the ease of walking between popular destinations.

#### Grant Outcomes:

- Installed 3 'destination' signs strategically located within the Yeppoon Town Centre Car Park.
- Installed 8 'directional' signs that all lead back to the Yeppoon Town Centre Car Park from popular destinations at the Yeppoon Town Centre, the Foreshore Precinct and the Lagoon Precinct.

*“The new signage has greatly increased the local community’s awareness of how easy it is to park the car, and walk to a variety of locations within the Yeppoon Central Business District.”*



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# 2017 Community Grant Outcomes

## QLD Walks – Tarragindi Tournament



### 10,000 Steps Strategy: Community Tournament

#### Grant Objectives:

- To encourage physical activity in and around Tarragindi.
- To encourage participation in organised walks and to monitor their daily steps.
- To educate residents about the steps/minutes to reach Tarragindi destinations.

#### Grant Outcomes:

- A 6 week Time Out Tournament in Tarragindi.
- A launch held at Wellers Hill State School with speeches from the Yeerongpilly Member of Parliament, a local GP and a local Physiotherapist.
- A total of 20 teams signed up for the Tournament.
- Weekly walks were held and were well attended, which included a photo clue hunt for children.
- Weekly promotion on the Tarragindi 10,000 Steps Facebook page.



**“Reached almost 80% of the households in Tarragindi.”**

**“16 prizes, worth \$700, were donated from local businesses.”**

### Let's walk Tarragindi

Discover Tarragindi on foot with your family.

Launch: 9am September 3<sup>rd</sup>  
Location: Wellers Hill State School  
Go in the prize draw – collect your stamps on the launch day walk.

Tarragindi 10,000 Steps is your chance to get to know your suburb as you get some physical activity. Learn about the history of Tarragindi with Annerley-Stephens History group. You won't believe our suburb's history. Each week there will be a photo clue treasure hunt on a new walking route. See how far your team can go in 6 weeks!

To find out more or to register your team go to [www.queenslandwalks.org.au](http://www.queenslandwalks.org.au)

Get your team together for the 6 week walking Tournament.



10,000 Steps is funded by the Queensland Government.  
[www.10000steps.org.au](http://www.10000steps.org.au)

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# 2017 Community Grant Outcomes



## Rockhampton Regional Council – 10,000 Steps Signage Renewal

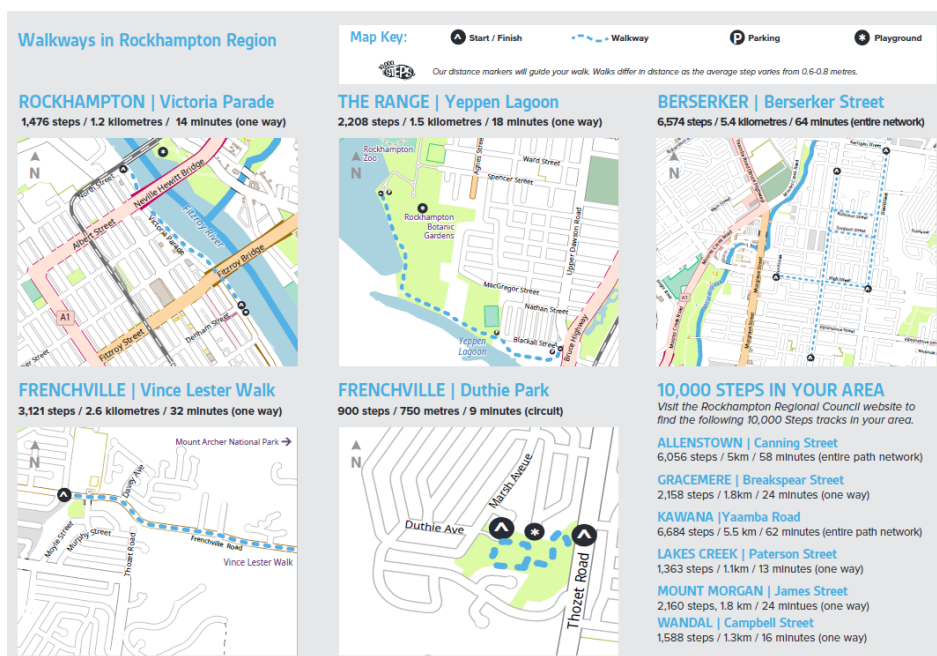
### 10,000 Steps Strategy: Walkway Signage

#### Grant Objectives:

- To provide knowledge and encourage the use of the Rockhampton Region's walking tracks for both residents and tourists.

#### Grant Outcomes:

- Updated the bollards and 10,000 Steps street signs along the Frenchville Road/Pilbeam Drive walkway.
- Updated the walkway map for the whole of the Rockhampton Region, which includes 11 different walkways.
- The updated maps were printed and displayed at the Botanic Gardens and Information Centre.



*“The Rockhampton Region have been able to enjoy the 10,000 Steps program for over 15 years, with the Frenchville Road walkway being used by lots of individuals, as well as the Heart Foundation Walking Groups.”*

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# 2017 Community Grant Outcomes



## Western Downs Regional Council – Walking Western Downs

### 10,000 Steps Strategy: Walkway Signage

#### Grant Objectives:

- To promote, encourage and support community members and visitors to participate in a health activity.

#### Grant Outcomes:

- 9 signs were created and installed at existing walkways across three towns:
  - Myall Creek Walkway in Dalby
  - Charlie's Creek Walkway in Chinchilla
  - Dogwood Creek in Miles
- The signs include a walkway map, number of steps and the distance covered.
- All three locations are used every weekend by Parkrun, exposing the signage to over 400 enthusiastic runners and walkers.



*“Approximately 22,000 people will see these signs each year.”*

*“Parkrun participants have commented on how good it is to have the signage along the running path.”*

*“The signs are a positive way to encourage people to get out and enjoy a walk.”*

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