

MEDIA RELEASE

Move It Mildura

21 July 2016

Healthy Together Mildura's annual 10,000 Steps Challenge is on again with the popular walking event running from Monday 1st August – Sunday 4th September.

10,000 Steps - That is the recommended daily step count for good health.

Over the five week challenge, Healthy Together Mildura will be asking local organisations to put their best foot forward and challenging participants to get active by walking 10,000 steps each day. Participants from schools, workplaces, community groups and early child care services are 'stepping up' to take the 'sit' out of obesity. Previous winners, Country Care, will be defending their claim to the much coveted 'Golden Sneaker Trophy', which is awarded to the overall winners.

Community Wellbeing and Services Portfolio Councillor Sharyon Peart said the benefits of walking were often overlooked.

"As a society, we don't walk as often, or as far, as generations before us did." Cr Peart said. "Walking is one of the best exercises you can do to improve or maintain general health. It improves circulation, reduces stress and tension, strengthens muscles and improves sleep."

The Heart Foundation has warned physical inactivity, including sitting too much, has become "the new smoking" in Australia. With over 90% Australian children aged 12-17 years not doing the recommended 60 minutes a day of physical activity, something has to change if we are to turn this alarming trend around.

"One of the best things about walking is that it's free," said Cr Peart. "It is suitable for all fitness levels, and for young and old. Everyone knows how to do it, and the only equipment you need is a good pair of shoes.

"A pedometer is a great motivational tool, it allows you to easily track and monitor your progress. In fact a recent study found that doing an additional 2000 steps per day reduces the risk of cardiovascular disease."

Healthy Together Mildura Manager Jane McCracken said it is important people know the impact long periods of sitting can have on their family's health.

"It has become all too easy for adults and children to spend their entire day sitting either at school or work, then driving home only to sit in front of electronic devices in the evening. These prolonged periods of inactivity are increasing our risk of obesity and lifestyle related chronic diseases.

"By supporting programs such as the 10,000 Step Challenge, Walk to School month and Heart Foundation Walking groups, Healthy Together Mildura aim to create a supportive environment for people to move more, sit less and to encourage the development of healthy habits."



Physical inactivity causes more than 14,000 Australian deaths each year. So let's take steps to a healthier Mildura. Don't miss out on your opportunity to participate in the 10,000 Steps Challenge. Sign up today!

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

www.healthytogetharmildura.com.au/10000steps

The Challenge runs from Mon 1 August – Sun 4 Sept. Registrations close Mon 8 Aug.

Healthy Together Mildura has 400 pedometers which are available to loan through the Mildura Rural City Council Libraries.

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