

MEDIA RELEASE

Media Alert - Mildura 10,000 Steps Challenge Awards Breakfast

6th September 2016

Over the past five weeks, workplaces, schools, community groups and early childcare services have strapped on their sneakers and put their best foot forward to sit less and move more. Over 80 teams from across the region registered for the Healthy Together Mildura 10,000 Steps Challenge and set a goal of walking 10,000 steps every day for five weeks.

Collectively the teams have taken a whopping 211,812,640 steps, with the overall Challenge average of exactly 10,000 steps per person per day.

This Friday, Healthy Together Mildura will celebrate participants' achievements at a special Awards Breakfast, to be held at Nowingi Place. A highlight of the event will be the presentation of the annual Golden Sneaker Award to the winning team by Cr Sharyon Peart.

Awards to be presented include:

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

The Heart Foundation has warned physical inactivity, has become "the new smoking" in Australia, causing nearly 14,000 associated deaths each year. With two out of three Australians aged 15 years and over doing very little or no exercise and eight out of ten children not doing the recommended 60 minutes a day of physical activity, something has to change if we are to turn this alarming trend around.

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

Event details

What: Mildura 10,000 Steps Challenge Awards Breakfast

Date: Friday 9th September 2016

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

Location: Benetook Room, Alfred Deakin Centre, 170-180 Deakin Avenue, Mildura



For more information about the Mildura 10,000 Steps Challenge visit www.healthytogetharmildura.com.au/10000steps

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