



MEDIA RELEASE

Are You Up To The Challenge Mildura?

28 June 2017

Are you up to the Challenge Mildura?

The results are in Mildura. We don't move enough!

More than half (54.4%) of adults living in Mildura don't exercise enough.

Healthy Together Mildura are challenging teams across the region to get healthy and get active! Registrations for the annual 10,000 Steps Mildura Challenge have just opened. Ten thousand steps is the recommended daily minimum number of steps for a healthy active person. The 10,000 Steps Challenge will run for 5 weeks, from Tuesday 1st August to Sunday 3rd September 2017.

Now in its 5th year, Healthy Together Mildura are aiming to have a massive 1,000 people participate in the Challenge. Previous winners, Club Aquarius, will be defending their claim to the much coveted 'Golden Sneaker Trophy', which is awarded to the overall winner.

Acting Community Wellbeing and Services Portfolio Councillor Mark Eckel said the benefits of walking were often overlooked.

"The statistics show that we as a population are not getting enough exercise. It has become all too easy to be sedentary in our busy day-to-day lives," Cr Eckel said.

"Simple changes, like including a walk daily, and using a pedometer are great ways to maintain and improve general health."

Physical inactivity takes an immense toll on the Australian community, causing an estimated 14,000 premature deaths each year – similar to the number caused by smoking. According to the National Heart Foundation even moderate amounts of physical activity is beneficial. Being active for as little as 30 minutes a day, five days a week, can reduce your risk of death from heart attack by a third, as well as help you sleep better, feel better, improve your strength and balance, and maintain your bone density. It also helps in managing your weight, blood pressure and cholesterol.

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 related chronic diseases.

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



Don't miss out on your opportunity to participate in the 10,000 Steps Challenge for 2017. Get together a team of up to ten colleagues, friends or family and get healthy and active this August. Healthy Together Mildura has 400 pedometers which are available for 6 week loan through all Mildura Rural City Council Libraries.

To sign up to the Mildura 10,000 Steps Challenge visit:
www.healthytogethermildura.com.au/10000steps
The Challenge runs from Tuesday 1st August – Sunday 3rd September.
Registrations close Monday 31st July.

END

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