

# 10,000 Steps Monthly Challenges

Challenge yourself and Australia in our public Monthly Challenges!



**October**  
**BHUTAN**

## How many steps have you done today?

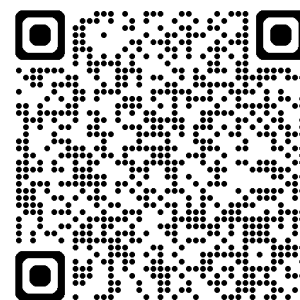
Whether it's taking the stairs instead of the lift, setting a timer every hour to move, parking the car further away (or leaving it at home completely) – look for opportunities to sneak in some extra steps to help hit your goals.

### Make every move count this month with 10,000 Steps!

Each month, members who complete their chosen virtual walking journey will go in the draw to **win a pair of ASICS shoes or Garmin watch!**

### Scan the code to choose from four virtual walking journeys.

Whether you are walking, wheeling, or dancing, every move counts and every challenge completed gives you an entry into the prize draw.



**Find out more at [10000steps.org.au](https://10000steps.org.au)**

*10,000 Steps is a free physical activity program delivered by CQUniversity and proudly funded by the Queensland Government through Health and Wellbeing Queensland and Preventive Health SA, Government of SA.*