# **10,000 Steps Community Grant Outcomes**



## **Burdekin Shire** Council

#### **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.





### NRGIZE step up to the challenge

with a total of 6,081,789.

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 are 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

"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."







