

# 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.



Community Team  
Tournament

### 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.



***"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."***



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