

10,000 Steps Community Grant Outcomes



Charters Towers

Regional Council - 'Around the World' with Towers Rush

Grant Objectives:

- To encourage physical activity for the community as a whole.
- To align the Tournament with our Towers Rush event, a family friendly 'Amazing Race' style event that requires participants to complete various activities/challenges, both physical and mental.



Community Team
Tournament

Grant Outcomes:

- Conducted a 4 Week Tournament.
- The Tournament was advertised and promoted on the Council website, the Council Facebook page, local Newspaper, local LED Noticeboard and through posters and flyers.
- 68 community members participated.
- Participants were also encouraged to do as many steps as possible to be in the running for additional prizes.

The poster features a brown paper background with the text 'Towers Rush' in a large, handwritten font. Below it is a row of colorful icons representing various activities: a bicycle, a person running, a group of people, a person with a backpack, an apple, a person with a backpack, and a car. To the right, a red speech bubble says 'Lead UP Event' and a green speech bubble says 'FREE'. Below the icons, the text '4 Week Challenge' is written in large green letters, followed by 'Around the World with Towers Rush' in white. The start date 'Starts: Wednesday, 27 September 2017' is written in red, with 'online registrations now open!' below it. The website 'www.ChartersTowers.qld.gov.au/10000-steps' is listed, along with 'The challenge has been set!' and 'More info? Phone 4761 5515'. Logos for Charters Towers Regional Council and 10,000 Steps Towers Rush are at the bottom.

"This activity has made participants more aware of the activity that is required to get their 10,000 Steps up each day."

"It was easy for participants to record their steps."



Discover
more



Queensland
Government