

10,000 Steps Monthly Challenges



Every step counts. Every move counts.

Join the 10,000 Steps Monthly Challenges

How many steps have you done today?

The 10,000 Steps program encourages you to become aware of how much you are moving by tracking your daily steps. Once you are tracking your steps, set yourself achievable goals and choose to make moving more a part of your every day. Whether it's doing a lap around the block at lunchtime or while the kids train for sport, or parking your car at the opposite end of the shopping centre, look for opportunities to sneak in some extra steps to help hit your goals!

Make your move every month with 10,000 Steps!

Sign up or login to the 10,000 Steps website and track your steps to help keep motivated to reach your daily goal. Each month, members who challenges themselves to complete their chosen virtual walking journey will go in the draw to win a pair of Asics shoes or Garmin watch!

Explore Queensland National Parks this May!

We are excited to bring you a special monthly Challenge this May. In partnership with Queensland National Parks, we are challenging you to think outside and move towards a healthier, happier you!

Join us as we move more every day and celebrate exploring Queensland's breathtaking Great Walks and national parks - virtually! Whether you are walking, wheeling or shuffling, every move counts and every challenge completed gives you an entry into the prize draw!

[Sign-up now](#) or continue using the [10,000 Steps program](#) to challenge yourself, friends and workmates.



www.10000steps.org.au

