

# THE BILLION STEPS CHALLENGE

## A message from the 10,000 Steps program

10,000 Steps is banding together with Health and Wellbeing Queensland and a number of other Alliance Partners in a new statewide initiative to help Queenslanders boost their healthy during this time. Boost your Healthy is a dedicated online hub with many practical tips, hints, challenges and programs everyone can get involved with right now. The initiative wants to inspire and support everyday Queenslanders to boost their physical activity, healthy eating and wellbeing.

### THE BIG BOOST - BILLION STEPS CHALLENGE

The first Big Boost is a whole-of-Queensland Billion Steps Challenge that aims to:

- Connect Queenslanders to step together towards a team goal.
- Provide inspiration to find ways to move more throughout their day.
- Encourage tracking steps as a simple way to set goals and great reminder to keep moving.

### CAN YOU HELP US REACH MORE QUEENSLANDERS?

Spread the word about Boost your Healthy & The Billion Steps Challenge by:

- Signing up yourself and challenge your friends, family, workmates and community.
- Promote your organisations support for the challenges in internal communications.
- Share local angles with the media to cover stories to increase the conversation on physical activity and how you or your team are involved in the Billion Steps Challenge.

### HOW TO GET INVOLVED

**It's simple, easy and free!**

- Individuals Login or Sign Up on our the 10,000 Steps website or mobile app and Qld members who enter steps from 2nd May will have their steps automatically added to Queensland's total.
- Organisations can use our templates and draft text to add your local angle and share in newsletters, emails and social media.
- Share progress: #EveryStepCounts #10000Steps #BoostCampQld #BoostyourHealthy

### BILLION STEPS AMBASSADORS

**Whatever physical activity you do, it's all movement, it's all good for you and if you log it, it will count towards Queensland's goal!**

- Our five Billion Steps Challenge ambassadors - Jodie Fields, Steve Renouf, Robyn Littlewood, Craig Zonca and Nat Cook - have signed up to challenge and inspire Queenslanders to boost their activity - follow their progress on The Billion Steps Challenge page.
- Do you have a champion who could be an ambassador in your organisation?