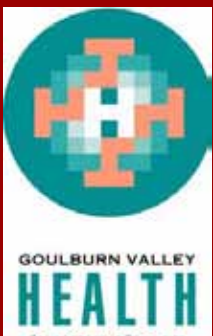




Physical Activity and Nutritional Wellbeing Focus Group

GREATER SHEPPARTON ON THE MOOVE PEDOMETER CHALLENGE 2009 WEEK ONE UPDATE



WEEKLY CHALLENGE UPDATE

Thank you for participating in the Greater Shepparton on the Moove Pedometer Challenge. The challenge will hopefully provide you with an opportunity to get active leading into the summer months ahead.

This year we have a total of 162 teams registered which is unfortunately down on last years 172 teams, however still an overwhelming response. There is however an increase in the amount of different organisations participating, which is fantastic.

The challenge is provided free of charge to all members of the Greater Shepparton community through the Greater Shepparton City Council's Municipal Public Health Plan. The Council adopted its draft Municipal Public Health Plan 2009—2013 at the September ordinary Council meeting and is seeking submissions from the public on the plan. Please visit the Councils website at www.greatershepparton.com.au for more information.

Throughout the challenge all participants will have access to a Weekly newsletter. We will also be providing several events during the challenge including Ride to work day on Wednesday 14th October and the ever popular Twilight Stroll on Friday 23rd October 2009.

Our aim is at the conclusion of the challenge you 'walk' away feeling like you have achieved at least one of the following

- You are walking more and want to continue to walk more
- You feel more connected to your team mates
- You are more educated on how many steps you should be undertaking, what programs are available in your community and who can help you and your organisation to improve your health.

To assist the Council in providing programs such as this it would be appreciated if you can visit www.onthemoove.com.au and undertake the pre assessment survey. It should only take you two minutes.

If you have any questions throughout the challenge be sure to contact myself on the details provided below or call in to the Council Offices at 90 Welsford Street Shepparton.

Wishing you all the best for the challenge

Regards

Carmen Patterson



CARMEN PATTERSON
Greater Shepparton City Council
Community Programs Officer
(03) 5832 9536

carmen.patterson@shepparton.vic.gov.au





Physical Activity and Nutritional Wellbeing Focus Group

PEDOMETER TEAMS 2009

Team Name	Organisation	Team Name	Organisation
Frankfarts	Frank Pullar Childcare Centre	Dancing Queens	SCS GV Health
Franks Fast Feet	Frank Pullar Childcare Centre	Brian's Bevy of Beauties	Verney Road School
Roaming Goddesses	Greater Shepparton City Council	Erin's Eager Beavers	Verney Road School
Echuca Elite Athletes	GV Health Echuca pathology	Getting There	Goulburn Valley Health
Easy Feat	Community Interlink	Wendy's Wonder Women	Verney Road School
Moon Walkers	Community Interlink	HAPPY FEET	GV Health—Elective Admissions
Texas Rangers	Community Interlink	Renal Runners	GV Health- Haemodialysis Unit
Metzke & Allen	Metzke & Allen	Striders	Greater Shepparton City Council
Tri Hards	Shepparton Triathlon Club members	Wii Not Fit	Goulburn Murray Water
blind steps	Vision Australia	Teenage Mutant ninja Walkers	Goulburn Murray Water (Tatura)
Waymans Whales	GVH	"WBIOS - Walking Backwards in our sleep"	Griffiths Goodall Insurance Brokers Pty Ltd
Teamo Extreamo	Goulburn-Murray Water	Dip' Eds	Greater Shepparton City Council
Super Heroes In Training	Goulburn Murray Water	Finance Wizards	GV Health - Finance
Good With Money	St George Bank	The Big Five	GV Health - Finance
Walktrainers	Worktrainers Group	AIRR'S Illustrious Resplendent Roamers	AIRR (Australian Independent Rural Retailers)
Good with People	St George Bank	Discoverers	Visitor Information Centre
The "Flat Outs"	Greater Shepparton City Council	Mooitildas	Visitor Information Centre
Flamingos	Goulburn Valley Health	Rag Dolls	Shepparton News
Bazzas Girls	GV Health	Westpac Wobblers	Westpac
AIRRHEADS	AIRR	The HannaBarbeviens	Greater Shepparton City Council
Ministry of Fun	Greater Shepparton City Council	MMG Happy Feet	MMG Accounting
TECH HEADS	Goulburn Valley Health	The Friday Bus Crew	Aged Care Assessment Service
The Annex	Greater Shepparton City Council	4NUTZ and 2SCREWZ	Goulburn Valley Health - Centre for Nursing Practice Research and Education
WOBL	Goulburn Valley Health - Centre for Nursing Practice Research and Education	Miss. Fits	SCS GV Health
Infectious fixes	GV Health	Wii Fit	SCS GV Health
Rural Health Team	Goulburn Valley Health	The Bridge Stampeters	The Bridge Youth Service



Physical Activity and Nutritional Wellbeing Focus Group

PEDOMETER TEAMS 2009

Team Name	Organisation	Team Name	Organisation
MMG Sole Destroyers	MMG Accounting	Fine Young Things	GV Health Medical Ward
MMG Blisters	MMG Accounting	stepnGROW	GROW community mental health volunteers
The Crazy KidsTown Team	KidsTown	HAPPY FEET	Familycare Yea/Wallan/Kinglake
MMG Super Striders	MMG Accounting	Happy Feet	Greater Shepparton City Council
Builders	COGS Building Services	The Up and Going's	Centre for Older Persons Health
St Luke's One	St Luke's Catholic Primary School	Road Runners	Familycare Yea/Wallan/Kinglake
Girls just wanna have fun	Riverlinks	Bush Flyers	Familycare Yea/Wallan/Kinglake
St Luke's Two	St Luke's Catholic Primary School	Wayne's Women	Familycare Yea/Wallan/Kinglake
Team-cynic	GV Health	Walk the Talk	ABC Radio Shepparton
Bustling Briefs	VLA Shepparton	Wanderers	Familycare Yea/Wallan/Kinglake
MEGT Hot Steppers	MEGT	Parkside Petals	COGS-PAGS
G-MW Shepp 1	Goulburn-Murray Water - Shepparton Office	Parkside Pumpers	COGS-PAGS
CBA	Commonwealth Bank	Team Barbie	Goulburn Valley Community Health
"Stuff this, I'm Walking!!!"	MEGT	ICC Strollers	Greater Shepparton City Council
G-MW Shepp 2	Goulburn-Murray Water - Shepparton Office	Shake a tail feather	FamilyCare
MEGT Proclaimers	MEGT	The pounding pavements	FamilyCare
MOOVING	Familycare Yea/Wallan/Kinglake	The fast and the furious	FamilyCare
Eat Our Dust	Familycare Yea/Wallan/Kinglake	Left Right Left	FamilyCare
TAF Easy Feat	The Apprenticeship Factory	Walkabout Wonders	FamilyCare
Happy King Steppers	JG King Homes - Shepparton	Fat, fast and fabulous	GV Health Medical ward
GROW-Active	Crossenvale Community house	Hot Steppers	Goulburn Valley Health
SKYWALKERS	Familycare Yea/Wallan/Kinglake	Haematology hikers	Goulburn Valley Health
spotlight A team	Spotlight Shepparton	ICC Walkers	N/A
Six Bi-Ped Dreamers	Department of Primary Industries, Tatura	JH & CO General Ledgers	JH & CO MANAGEMENT
spotlight B team	Spotlight Shepparton	MEAC MEANDERERS	Mooroopna Education & Activity Centre
Footloose	Greater Shepparton City Council	Fine Young Things	GV Health Medical Ward
Accidentals	Goulburn Valley Health	LITTLE HEIFFERS	G.V. HEALTH
GV CLEANERS	GV HEALTH	The Moovicals	GV Health Medical Ward



Physical Activity and Nutritional Wellbeing Focus Group

PEDOMETER TEAMS 2009

Team Name	Organisation	Team Name	Organisation
Unlimited Mileage	Goulburn Murray Hume Agcare Ltd	Graces Gadabouts	Greater Shepparton City Council
Footprints	Goulburn Valley Water	Central Waste Water	Goulburn Valley Water
Team KM	Goulburn Valley Water	Central Waste Water - 2	Goulburn Valley Water
SOC Strollers	Goulburn Valley Water	Day Stay Sprinters	GV Heath
Classie Chicks	Shepparton News Pty Ltd	Are We There Yet	Goulburn Valley Health-Rural Health Team
The Healthy Feet Team	Goulburn Valley Community Health Service	Souper Steppers	Campbell's Soup
The Odd Squad	Greater Shepparton City Council	Home Nursing Street Striders- Team A	Home Nursing Services - GV Health
GROW GET GOING	GROW	Home Nursing Street Striders - Team B	Home Nursing Service, GV Health
Are we there yet?	Data Parts Shepparton	Hooker's Heroes	LJ HOOKER SHEPPARTON
Cool Bananas	Goulburn Valley Health	medical miles 2	princess park clinic
MEDICAL MILES	PRINCESS PARK CLINIC	Bootscooters	Community Interlink
Prominent Pacemakers	Prominent Group	Wild Walkers	Campbells Soup
The Spider Pigs	JH & CO Management	Campbells Moovers	Campbells Soup
DJ & The Pussycats	Berry Street	Fast Feet	Campbells Soup
All-abilities	Berry Street	Slow and Steady	Goulburn valley Health, Medical
TAFE That	GV Tafe—Sport and Recreation Class	Keep On Walk'd'en	Shepparton Sports Stadium
YPPP	The Bridge Youth Service	CLAW	Goulburn Valley Water
Movers and Shakers	Greater Shepparton City Council	The Swamp Rats	Berry Street
Walkers & Wobblers	Greater Shepparton City Council	Slow and Steady	GV Health Medical Ward
Bone Lovers	Medical Imaging - GV Health	Cliffy Young Appreciation Society	Shepparton Sports Stadium
Every Step You Take	Medical Imaging - GV Health	Cool Runners	Greater Shepparton City Council
Cheetahs	Medical Imaging - GV Health	Tip Toes	Goulburn Valley Health Rural Health Team
Hot Shoe Shuffle	Medical Imaging - GV Health	Leisurely Strollers	Greater Shepparton City Council
PAW power	Goulburn Valley Water	Snail's Pace	Scope
Pre-press Pacers	Shepparton News	Mums On The Run	
Healthy Hooves	Goulburn Valley Community Health Service	Stromida	Goulburn Valley Water
Westpac Wooblers 1	Westpac	Westpac Wooblers 2	Westpac



Physical Activity and Nutritional Wellbeing Focus Group

FREQUENTLY ASKED QUESTIONS

When does the Challenge start?

You and your team should start logging your steps on Monday 28th September 2009.

When does the Challenge end?

You and your team should stop logging your steps on the night of Sunday 25th October 2009, and submit your final step count on Monday 26th October 2009.

Where do I wear my pedometer?

Your pedometer should be worn on the waistband of your trousers/skirt, in line with your foot. Make sure that it is secure, because if it shifts at all, you won't get an accurate reading. Never put a pedometer in your pocket because it won't stay vertical and won't count your steps accurately.

How many steps should I take per day?

Researchers have recommended 10,000 steps per day for overall good health and well-being. Remember to start small and aim to build up to 10,000 steps bit by bit.

If you are very inactive, have a health problem, or are worried about any aspect of your health, you should consult your doctor before undertaking this challenge.

How do I log my steps?

All team members need to register their steps daily and then each Monday provide their team leader with their weekly steps.

When should Team leaders enter their results?

Team Leaders need to enter the teams steps online once a week as follows

Team leader needs to enter steps online on.....	For this time period
Monday 5th October	Monday 28th Sep—Sunday 4th Oct
Monday 12th October	Monday 5th Oct—Sunday 11th Oct
Monday 19th October	Monday 12th Oct—Sunday 18th Oct
Monday 26th October	Monday 19th Oct—Sunday 25th Oct

Where do team leaders enter their steps?

When team leaders registered for the challenge they received a login and password. Visit www.onthemoove.com.au and enter the pedometer challenge section of the website.

Click on the enter your steps for this week as follows



Enter individual team members steps for the week as follows



Please do not enter average steps per person the program will automatically calculate the average.

Can I see a leader board?

The Leader board will be live on www.onthemoove.com.au after Week 1 results are in. The Leader board will be updated on a regular basis over the course of the challenge.

What does the Leader board show?

The leader board shows the average number of steps walked per team participating in the challenge. Some teams in the challenge have four people and some have six, so the average number of steps walked is used to determine the rankings.

The leader board will also show the top 10 individual steppers.





Physical Activity and Nutritional Wellbeing Focus Group

FREQUENTLY ASKED QUESTIONS

The number of people in my team has changed since we started the challenge. Do I need to tell anyone?

The rankings are based on the average steps per team member, so if the number of people in your team changes, please let us know so that we are using the correct figures. Please email your organisation name, team name and the alterations to carmen.patterson@shepparton.vic.gov.au.

What happens if I forget to wear my pedometer one day?

If you forget to wear your pedometer on a particular day, you can use the step count from another day where you had similar physical activity levels.

I entered the wrong number of steps – how do I change that figure?

Please email carmen.patterson@shepparton.vic.gov.au with your organisation name, team name and the details that need to be adjusted.

My pedometer isn't working, what do I do?

Pedometers range in prices and accuracy therefore on the odd occasion pedometers that the Council provide may be faulty. If the pedometer stops working please return to Council for a replacement.

If the pedometer is damaged from falling and hitting the ground or dropping in the toilet we will not be able to exchange it. Pedometers can be purchased from Sports Stores throughout the municipality.

I will be on holidays during the challenge – do my steps still count?

Yes they do. Just be sure to log them and to give your weekly total to your Team Leader.

What are the prizes?

Several prizes are available throughout the challenge including the following

- Highest Average Steps—Restaurant Voucher
- Top 5 Individual Steppers—Gift Packs
- Most Creative team name—Gift Packs

There will also be spot prizes awarded throughout the challenge and weekly profiles of participants in the newsletters.

Is my pedometer waterproof?

No, remember to take it off if you're swimming.

Should I wear my pedometer every day?

Yes – to track your steps and progress accurately, wear your pedometer every day.

Can I include other physical activity?

Activities such as cycling, running and aerobics can be included for the challenge.

Use the conversion table below to estimate your steps for any activity where the pedometer will not work (e.g. cycling or swimming).

10 Minutes
of moderate
intensity
exercise

Causes slight but noticeable increase in breathing and heart rate, but you can still maintain a conversation

1,000 Steps

10 Minutes
of high
intensity
exercise

Makes you 'huff and puff' and taking a full breath between sentences is difficult

2,000 Steps

Will my pedometer work if I run?

Your pedometer works whether you are running, walking or climbing the stairs, but remember it is just counting the amount of steps you take and not the intensity of those steps.

Should I reset my pedometer every day?

We recommend that you reset your pedometer at the start of each day in case it resets during the week and you lose your total steps. This will also make it easier to ensure you reach the 10,000 step mark each day.

Can I only register my steps at work?

No, steps are registered from when you get up in the morning to when you take it off to go to sleep.





PEDOMETER CHALLENGE TIP SHEET

Safety

There are some things you need to consider before you start the pedometer challenge

Warm-up

Start slowly, do a few warm-up exercises and stretches first. Don't walk immediately after a big meal.

Build activity slowly

Start with a 20 minute walk then increase gradually. Try to walk at least three times per week. Choose a route that is appropriate for your age and fitness level.

Shoes and socks

Wear thick comfortable cotton socks. Sensible, comfortable and lightweight shoes with support are best.

Weather

Wear suitable warm, light clothing in the winter and cool, comfortable clothes in the summer. Don't forget your sunscreen, sunglasses, hat and long-sleeved shirt.

Water

Drink water before and after your walk. Take water with you on your walk, especially in warm weather.

Use the correct technique

Walk at a steady pace, swing your arms freely and stand as straight as you can. Your feet should step in a rolling action from the heel to the toe.

Cool down

Make sure you cool down after a long fast walk. Do a few stretching exercises.

Be safe

See your doctor for a medical check-up before embarking on any new fitness program, particularly if you are aged over 40 years, are overweight or haven't exercised in a long time.

Don't overexert yourself

You don't have to push yourself to breathlessness to enjoy the health benefits of walking. Instead, walk briskly enough so that you can still carry on a conversation. You will need to increase the intensity of your walks as your cardiovascular fitness improves, by walking faster or choosing hillier terrain. You can give your upper body more of a workout by wearing weights strapped to your hands.

Source:

Adapted from www.betterhealth.vic.gov.au July 2008



Twilight Stroll Friday 23 October

Depart from Aquamoves and The Chinamans Gardens at Mooroopna at 5.30pm.

Take the stroll to Kidstown and on arrival enjoy free entertainment including face painting, miniature trains, musical entertainment, bbq and much more.

For further details contact Greater Shepparton City Council's Leisure Facilities Branch on (03) 5832 9536 or visit www.onthemoove.com.au.



Proudly supported by: Aquamoves, SPC Ardmona Kidstown, Valley Sport, Vision Australia, Community Health, Goulburn Valley Health and Greater Shepparton Indoor Sports Facilities





PEDOMETER CHALLENGE TIP SHEET

Physical Activity

The recommended number of steps accumulated per day to achieve health benefits is 10,000 steps or more.

Physical Activity Recommendations for 5-12 year olds

A combination of moderate and vigorous activities for at least 60 minutes a day is recommended. Children shouldn't spend more than two hours a day using electronic media for entertainment (e.g. computer games, TV, internet), particularly during daylight hours.

Physical Activity Recommendations for 12-18 year olds

At least 60 minutes of physical activity every day is recommended. This can be built up throughout the day with a variety of activities. Try to include 20 minutes or more of vigorous activity at least three to four days a week. Physical activity should be done at moderate to vigorous intensity.

Physical Activity Guidelines for Adults

At least 30 minutes of moderate physical activity on most, preferably all, days. You can accumulate your 30 minutes (or more) throughout the day by combining a few shorter sessions of activity of around 10 to 15 minutes each. For extra health benefits, participate in regular vigorous activity.

What is 'moderate' and 'vigorous' physical activity?

Examples of moderate activities are a brisk walk, a bike ride, mowing the lawn, digging the garden or any sort of active play.

More vigorous activities will make you "huff and puff" and include organised sports such as football and netball, as well as activities such as dancing, running and swimming laps.

Source:

Adapted from www.health.gov.au July 2008



ride to work day 2009

Wednesday 14th October
7am-9am
Queens Gardens, Shepparton

Ride to work and enjoy the free breakfast provided.

For more details visit www.onthemoove.com.au
or contact the Council on 5832 9700

Proudly supported by: Aquamoves, Valley Sport, Vision Australia, Community Health, Goulburn Valley Health and Greater Shepparton Indoor Sport Facilities.

Prizes and giveaways on the day





HEALTHY COOKING TIPS

Healthy cooking doesn't have to be hard and it doesn't mean that you have to give up your favourite foods. In many cases you can modify your favourite recipes to be a healthier alternative. To help you cook healthier meals, the following suggestions may be helpful:

- Steam, bake, grill, braise, boil or microwave your foods.
- Modify or eliminate recipes that include butter or ask you to deep fry or saute in animal fat.
- Avoid using oils and butter as lubricants. Use non-stick cookware instead.
- Don't add salt to food as it is cooking.
- Remove chicken skin, which is high in fat.
- Eat more fresh vegetables and legumes.
- Eat more fish, which is high in protein, low in fats and loaded with essential omega-3 fatty acids.
- If you need to use oil, try cooking sprays or apply oil with a pastry brush.
- Cook in liquids (such as stock, wine, lemon juice, fruit juice, vinegar or water) instead of oil.
- When a recipe calls for cream as a thickener, use low fat yoghurt, low fat soymilk, evaporated skim milk or cornstarch.
- When browning vegetables, put them in a hot pan then spray with oil, rather than adding the oil first to the pan. This reduces the amount of oil that vegetables (such as mushrooms) can absorb during cooking.
- An alternative to browning vegetables by pan-frying is to cook them first in the microwave, then crisp them under the griller for a minute or two.
- When serving meat and fish, use pesto, salsas, chutneys and vinegars in place of sour creams, butter and creamy sauces.



For those who eat sandwiches on a regular basis, you can also make these healthier. This can be done by:

- Switch to reduced salt wholemeal or wholegrain bread – for example, some brands of soy linseed bread.
- Don't butter the bread. You won't miss butter if your sandwich has a few tasty ingredients already.
- Limit your use of spreads high in saturated fat like butter and cream cheese. Replace them with a thin spread of peanut butter or other nut spreads, hummus, low fat cheese spreads or avocado.
- Choose reduced fat ingredients when you can, such as low fat cheese or mayonnaise.
- Try to reduce your use of processed meats. Instead use fish such as salmon, tuna or sardines.

So next time you are preparing a meal, think about alternative ways to make your meal more nutritious and ultimately better for you.



DENAE OBERIN

Goulburn Valley Community Health
Health Promotion Officer
(03) 5823 3292
healthpromotion@gvchs.com.au

