



Physical Activity and Nutritional Wellbeing Focus Group

# GREATER SHEPPARTON ON THE MOOVE PEDOMETER CHALLENGE 2009 WEEK FIVE UPDATE



## WEEKLY CHALLENGE UPDATE Congratulations to all who completed!

Congratulations are in order to all those participants who completed the four week challenge. We hope you have enjoyed yourself. Congratulations also to the winning teams and individuals. The winning team receives a restaurant voucher and top 10 individuals receive a GSOTM pack. Contact will be made with these participants shortly.



The Greater Shepparton on the Moove Twilight Stroll was held on Friday evening with over 750 people attending the free night. It was great to see so many pedometer challenge participants come along to get their steps up. Strolls are held in October and March each year so keep an eye out for the next one.

In the first week of the challenge we identified that our aim is for you to 'walk' away from the challenge achieving 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 us in evaluating the challenge and running future pedometer challenges it would be appreciated if you could please complete a post evaluation survey, it should only take you a couple of minutes. Please visit [www.onthemoove.com.au](http://www.onthemoove.com.au) click on the Pedometer Challenge tab and click on the Post Evaluation survey. Your feedback is greatly appreciated and it will curb the direction for future challenges.

The pedometers are yours to keep so be sure to keep using them to monitoring your daily steps. May even be worth as a team or organisation continuing the challenge and recording your weekly steps and competing for the 'Best Office Stepper' award.

Good Luck!

*Carmen Patterson*



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## HANDY TIPS TO GROCERY SHOP ON TIGHT BUDGET

Make a grocery list before you go shopping; it will get you out of the store faster and prevent you from spending money on things you don't need.



Take advantage of sales! Check out the weekly grocery store ads before you go shopping and stock up on items that can be stored. Canned goods, pasta and grains have long shelf lives; poultry and meat freeze well.

If a convenience item significantly reduces your time and hassles in the kitchen, it may be worth the extra cost. But anything that can be done quickly and easily at home, such as bagging small portions of chips and slicing or grating your own cheese, can save you money.

While pre-cubed, pre-pounded or pre-seasoned meats or poultry can save you preparation time, they cost a lot more than plain cuts of meat. If you can spare a few minutes to cut, pound or season your meat, you'll find the savings are significant.

Buy produce that is seasonally available and, when possible, buy in bulk. Farmers' markets, farm stands, and natural foods stores often offer substantial savings on seasonal and bulk items.

Serve healthful, filling, inexpensive side dishes. Vegetables, spinach, and beans will stretch your main-dish protein serving even further.



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Have a budget in mind you cant stray from and pay for all purchases in cash.

# Highest Individual Stepper

## The results are in.....

Position	Name	Team	Average Weekly
1	Darren Seiter	Bootscooters	373,741
2	Benjamin Goodall	"WBIOS - Walking...	353,756
3	Kathryn Mullins	Team-cynic	259,072
4	Wayne Pryor	Wayne's Women	240,256
5	Meagan Harrison	Tri Hards	227,826
6	Sarah Ryan	Roaming Goddesses	221,585
7	Vanessa Mahon	Striders	214,738
8	Adrian Jones	Are we there yet?	203,523
9	Colin Aumann	Six Bi-Ped Dreamers	189,872
10	Rachael Fleming	The Big Five	168,799





# PEDOMETER CHALLENGE PROFILES

## TEAM PROFILES



*Representatives from Community Interlink participating in the Challenge*

Back Row (l-r) - : Shaun Holzheimer, Paul Mahoney, Keith Downing, Jan McRae  
 Middle Row (l-r): Fiona Hortin, Trish Fry, Marian McGrath, Sandy Rodwell, Rebecca Wilkins  
 Front Row (l-r): Janelle Stevenson, David Harcoan, Ainsley Tidcombe, Louisa Costello

### Community Interlink

**Team Name** Bootscooters  
**Average steps week 4** 149,825  
**Top Stepper Steps** Darren Seiter 452,739

**Team Name** Easy Feet  
**Average steps week 4** 97,673  
**Top Stepper Steps** David Harcoan 125,714

**Team Name** Moon Walkers  
**Average steps week 4** 66,275  
**Top Stepper Steps** Jan McRae 125,714

**Team Name** Texas Rangers  
**Average steps week 4** 106,231  
**Top Stepper Steps** Rebecca Jones 155,183

*Thanks to Paul Mahoney for organising the profile*

### Mooroopna Education Activity Centre (MEAC)



*Representatives from Mooroopna Education Activity Centre participating in the Challenge*

**Team Name** MEAC Meanderers  
**Average steps week 4** 77,434  
**Top Stepper Steps** Bill Connolly 128,186

#### Team Activities

Throughout the challenge a lot of things contributed to the MEAC Meanderers getting their steps up!

- Leeane and Antonietta walked down the passage to deliver messages
- Judy did boot camp during the challenge OUCH!!
- Bill left his wallet at home (he lives in Nth Shepp) and had to walk all the way home to get it... Bugger!
- Leeane and Heather went on the Twilight Walk to add to our steps.
- Leeane has walked so much you can hardly see her in the photo.

Left to right—Antonietta Fazio, Bill Connolly, Linda Wood, Leanne Button, Judy Cross, Heather East

Most exciting part of finishing the challenge is going to the toilet without the pedometer.

*Thanks to Heather East for organising the profile*



## PEDOMETER CHALLENGE PROFILES

### INDIVIDUAL PROFILES



**Justin Hocking**  
The Spider Pigs  
JH & CO Management  
95,427 Steps

**Activity for the week:** Ridding horses each morning, Bike ride 3 to 4 time a week 15 to 25 km's, run 5k,s once a week, also we have a personnel trainer that comes into the office each Thursday

**What did you change for the challenge?** Have become more competitive with my team mates.



**Michael Van Dorsser**  
Hooker's Heroes  
LJ Hooker  
137,469 Steps

**Activity for the week:** Played cricket, Touch footy training & represented the office with Kim Smith in the Twilight Stroll

**What did you change for the challenge?** Walked on the nights I didn't have something on and scored more runs in cricket.



**Melissa Hannam**  
Metzke and Allen  
Metzke and Allen Accountants  
36,683 Steps

**Activity for the week:** A few walks after work in my home town of Nagambie. Making the most of this beautiful day light savings that we are currently all loving.

**What did you change for the challenge?** I actually got a bit slack towards the end , the first two weeks challenge I was training for the Melbourne marathon so I was making every effort to go for walks and runs after work around Shepparton area. .

**Dont forget!!**  
**Post Challenge Evaluation**



**Visit [www.onthemoove.com.au](http://www.onthemoove.com.au)**



## BENEFITS OF REGULAR PHYSICAL ACTIVITY

### Benefits of regular physical activity

If you are physically active regularly, you will:

- Have improved long-term health
- Be less likely to have a heart attack
- Feel more energetic
- Manage your weight better
- Have a healthier blood cholesterol level
- Have lower blood pressure
- Have stronger bones and muscles (less osteoporosis)

Feel more confident, happy and relaxed, and sleep better

### 1 Aim for at least 30 minutes a day

Health authorities recommend that everyone should include at least 30 minutes of moderate intensity physical activity, such as brisk walking, on all or most days of the week. This activity can be accumulated in bouts of 10 minutes or more if it's more convenient. Remember, something is better than nothing, but more is better than something.

There are many chances to be active throughout your day, such as walking to and from work, walking to buy your lunch or walking to take the children to school.

### Guidelines for good health

The National Physical Activity Guidelines for Australians give the minimum levels of physical activity required for good health. The four steps to good health are:

- Think of movement as an opportunity, not an inconvenience. Any form of movement is an opportunity to improve your health.
- Be active every day in as many ways as you can. Make a habit of walking or cycling instead of using the car.
- Do at least 30 minutes of moderate intensity physical activity on most, preferably all, days. Moderate intensity activity includes a brisk walk or cycling. Combine short sessions of different activities of around 10 to 15 minutes each to a total of 30 minutes or more.
- If you can, try some regular, vigorous exercise for extra health and fitness benefits. Vigorous exercise makes you 'huff and puff'.

Remember that even if you don't want to lose weight it is important to stay physically active in order to keep a healthy body. Keep up the habits you have formed in the pedometer challenge for the next few months and then ongoing to lead a very healthy lifestyle.



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## VALLEYSPORT'S SPORT AND RECREATION WRAP

This week's focus activity is Touch Football, with Shepparton Touch Football Association being the only club within our municipality, with our closest neighboring associations being Yarrawonga and Wangaratta. Touch Footy is a great way to get out and active during the summer and to make the most of the extended day light.



The upcoming 2009/10 summer season for Shepparton Touch will begin with a registration night on Wednesday 28 October at 7.00pm. The venue is the netball rooms. The following Wednesday will be a grading night so teams can be graded ready for round 1 on November 11. Play will continue each Wednesday until December 9 then the Handy Cup will be played on December 16. A break will be taken until January 27 then continues until round 12 on March 10. A 3 week final series will be held with the grand final on March 31.

If you are interested in finding out more information, or wish to enter a team in the upcoming summer season, you can contact Jayde on the below contact details

**Shepparton Touch Football Association**  
 Jayde Organ – 5825 1365 or 0411 161 329  
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# Highest Average Steps

## The results are in.....

Position	Team Name	Organisation	Average Weekly Steps
1	"WBIOS - Walking Backwards in our sleep"	Griffiths Goodall Insurance Brokers	154,863
2	Tri Hards	Shepparton Triathlon Club members	140,371
3	Bootscooters	Community Interlink	133,564
4	Are we there yet?	Data Parts Shepparton	127,069
5	Six Bi-Ped Dreamers	Department of Primary Industries, Tatura	118,511
6	Wayne's Women	Familycare Yea/Wallan/Kinglake	112,902
7	The Big Five	GV Health - Finance	110,974
8	Team-cynic	GV Health	107,178
9	Striders	Greater Shepparton City Council - Community Strengthening	102,933
10	Texas Rangers	Community Interlink	102,086





## PARTNER PROFILE

### Goulburn Valley Primary Care Partnership

Goulburn Valley Primary Care Partnership is one of thirty one Primary Care Partnerships (PCPs) across the state of Victoria. PCPs have been in operation since 2001 for the main purpose of improving the health and wellbeing of people using primary care services and to reduce avoidable use of hospital and medical services. The core business of PCPs is *partnerships, integrated health promotion, service coordination and integrated chronic disease management.*



PCP's form voluntary alliances with a range of primary care agencies and service providers, who are referred to as PCP member agencies. A key benefit for organisations to become a PCP member agency is to improve relationships and achieve better health and wellbeing outcomes for our community. Primary Care Partnerships provide platforms for initiatives and programs that require effective collaboration and coordinated effort among member agencies. The Goulburn Valley PCP covers the three shires of Strathbogie, Greater Shepparton and Moira and has a membership of 50 agencies. Membership is open to any agency delivering primary care services to consumers within the Goulburn Valley.



The development of the **Healthy Weight Resource Guide** is an example of how members of the Goulburn Valley PCP worked in partnership to develop an online guide for information about physical activity & nutrition programs running in the Goulburn Valley. To access this guide visit [www.gvpcp.org.au](http://www.gvpcp.org.au) and click on the apple!

To find out more visit the GVPCCP website [www.gvpcp.org.au](http://www.gvpcp.org.au) or to become a member and get involved contact GVPCCP:

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