

# Greater Shepparton on the Moove Pedometer Challenge

Monday 28 September – Sunday 25 October 2009



Welcome to the Challenge

Congratulations on registering for the Greater Shepparton on the Moove Pedometer Challenge, we wish you and your team all the best.

The recommended amount of daily steps is 10,000; you will be surprised how much it takes to reach that mark. Be sure to make the most of those little opportunities that arise such as not parking your car at the closest park, taking the stairs instead of the lift or walk to a coworker's desk rather than phone them. Your team may even be able to organise activities at lunch time or before work to help get your steps up.

Those who participated in the challenge last year will notice we have made some alterations to the way the challenge operates. The most significant change is the online component to registering teams and inputting weekly results. Therefore all team leaders will have to visit [www.onthemoove.com.au](http://www.onthemoove.com.au) by 5pm on each Monday of the challenge and enter the team steps. All participants need to ensure their steps are provided to their team leader prior to 5pm to ensure their results are included.

Participants who have indicated that they require pedometers are to collect them from the Greater Shepparton City Council Offices, 90 Welsford Street Shepparton, between 8.15am Wednesday 23 September – 5.00pm Friday 25 September. It is recommended that one representative from the organisation collects the pedometers. The pedometers that have been provided will only be replaced if they are faulty; unfortunately we are unable to replace pedometers that don't work due to being dropped in the toilet.

Throughout the challenge you will receive a weekly e-newsletter that will provide weekly results, team profiles, upcoming physical activity events, nutrition tips, physical activity tips plus much more. So be sure to keep an eye out in your inbox.

We would appreciate if you are able to visit the website and undertake a short questionnaire to assist us in identifying the benefits of the challenge and also assist us in running future events.

If you have any queries throughout the challenge please feel free to contact me on 5832 9536 or via email [carmen.patterson@shepparton.vic.gov.au](mailto:carmen.patterson@shepparton.vic.gov.au)

Good luck with the challenge

Yours Sincerely

Carmen Patterson  
**COMMUNITY PROGRAMS OFFICER**  
On behalf of 'Greater Shepparton on the Moove' Working Group

