**Our workplace has decided to take up the challenge!**

**Ten thousand steps – that’s the recommended daily minimum step count for a healthy, active person. How many steps have you done today?**

The Latrobe 10,000 Steps Challenge is encouraging people to make movement part of their everyday lives. One in every two Victorian adults does not get enough exercise, so Latrobe Community Health Service is challenging teams across Victoria to get healthy and get active!

Compete against teams from other workplaces to fight for the prestigious ‘golden sneaker’ trophy, awarded to the highest stepping team. Get involved in the fun and be in the running for great prizes.

**How to get involved**

**Step 1.** Create teams of 6-10 members. If you don’t have a team, you can still register and the Latrobe Community Health Service organisers will find a team for you.

**Step 2.** Nominate a team captain and come up with a fun team name. Team captains then complete the **team registration form** and email this to your workplace coordinator.

**Step 3.** All participants must register on the official 10,000 Steps website at [www.10000steps.org.au](http://www.10000steps.org.au). Click [here](https://www.lchs.com.au/ten-thousand-steps/) for instructions on how to register.

**Step 4.**  For the duration of the challenge, record your steps and log online. Get stepping and get counting!

**Prizes, prizes, prizes!**

There are heaps of great prizes to be won, including the prestigious ‘golden sneaker’ trophy for the highest stepping team. Full details of the prizes will be announced soon.

**Contact your workplace coordinator [insert name and contact details] for further information on how to take part.**