



Billion Steps Challenge - Can you help?

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24th September 2021

Support South Australia reach One Billion Steps!

Help SA reach One Billion Steps - challenge commences 1 October 2021

Wellbeing SA, in partnership with the 10,000 Steps Program, is excited to launch the second Billion Steps Challenge in South Australia, commencing 1 October 2021. The Challenge was first held in South Australia last year, with the one billion steps goal achieved in 65 days.

One third of adults in South Australia do not accumulate the recommended amount of moderate-to vigorous physical activity on a weekly basis. Walking, even for people who walk more than usual but are not yet meeting the goal of 10,000 steps a day, results in health benefits such as reducing chronic disease and mortality.

Wellbeing SA is encouraging all South Australians to sign up to the Billion Steps Challenge via the [10,000 Steps website](#).

Participants will be able to contribute as an individual, as part of a local community group or as part of a workplace. Everyone who signs up to the 10,000 Steps program and logs steps (or other forms of physical activity) from 1 October 2021 will have their steps automatically added to South Australia's total.

Wellbeing SA is seeking your support to contribute to the Challenge by:

1. Encouraging your networks and communities to participate in the Billion Steps Challenge. Their [Stakeholder Pack](#) includes a number of resources to assist with this.
2. Encouraging the inclusion of the Billion Steps Challenge Banner in emails sent by staff in your organisation during October. This banner is included in the Stakeholder Pack.
3. Being a 'Champion' for the Challenge among your own colleagues, staff, family and friends.

Please visit [10,000 Steps](#) or email WellbeingSA.PPHHealthPromotionBranch@sa.gov.au for additional information.



for more information...

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