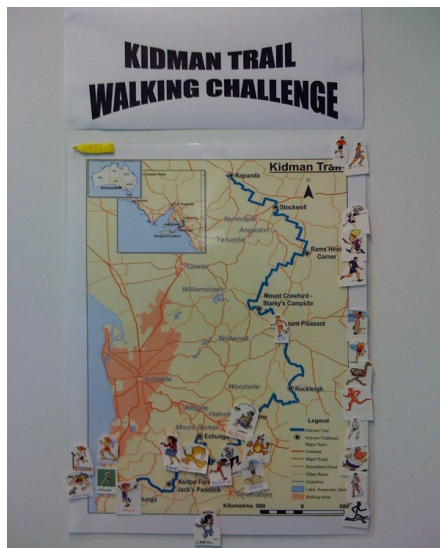


Department of Health and Ageing Kidman Trail Virtual Walking Challenge

The staff at the South Australian Office of the Federal Department of Health and Ageing are currently participating in the Kidman Trail Virtual Walking Challenge as part of the Department's Health and Life Strategy. The Virtual Walking Challenge is calculated by measuring the distance each individual walks each day e.g. around the office, from home to public transport etc.

The Challenge assists in raising awareness about the health benefits of undertaking sufficient physical activity. As part of the challenge, all staff have been provided with a pedometer to count their steps each day, both at work and at home. Each pedometer is set up with the individuals measured stride length. Participants count their daily steps and distance and then move their marker along the trail maps that we have set up in the office kitchens.



* Walking Challenge Kidman Trail Map including individual markers

The staff have really taken to the challenge and are increasing their daily steps taken by getting off the bus a stop or two earlier, going for walks at lunchtime, and organising walking groups to tackle the buildings stairs on their breaks. As you can see from the photo's, we get some magnificent views of Adelaide and the hills from the stairwell.



*Staff enjoying the views from the stairwell as they walk up to the 21st floor of the building!

As part of the Department's Health and Life Strategy staff are also encouraged to count their steps taken on weekends. Some staff have actually gone to parts of the Kidman Trail for a weekend walk. Some other staff have plans to tackle the Kidman Trail by horse!

The 10,000 steps a day initiative is a key element of the Department of Health and Ageing's Health and Life Strategy, developed with the aim of promoting physical activity, wellbeing and balancing work and life. The Kidman Trail Virtual Walking Challenge initiative provides an innovative ways of encouraging staff to become more active.