

Active April

Join us for the **Walk Yarra Ranges Challenge!**

Gather your crew and compete to win Active April prizes! You can do any activity that suits you, use the conversion chart to estimate your steps if you don't have a pedometer or a smart watch.



Create a step challenge in your netball, basketball or footy club. You could compete with against your local rivals!

Walk laps of the oval with other parents while your kids play sport. You could create a Parents Club for their team!

Time to do the vacuuming? Check what time you start and finish and use the conversion chart to calculate how many steps you took.

Create a team at work and go for a walk at lunch time, or have walking meetings.

WIN

How to participate

1. Track your activity using the conversion calculator, phone or smart watch.
2. Email your team's distance in kms to health.promotion@inspiro.org.au every Friday.
3. Check out Inspiro's Instagram @healthpromotion_inspiro for the weekly leader board.