## Active April

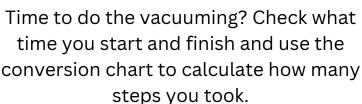
## Join us for the Walk Yarra Ranges Challenge!

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!



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



## How to participate

- 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.