

# Active April

## Join us for the Walk Yarra Ranges Challenge!



Gather your crew and compete to win a **\$50 voucher** for your team. You can do any activity that suits you. Use the conversion chart to estimate your steps.

Create a step challenge with your friends, family or neighbours.

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.

## How to participate

1. Organise your team members and team name. It doesn't matter how many people you have. The steps will be averaged per person in your team.
2. Register your team HERE: <https://forms.gle/ofjQBFE6QrM3zKLu8>
3. Track your activity using the conversion calculator, phone or smart watch.
4. Email your team's distance in kms to [kristen.gurney@accesshc.org.au](mailto:kristen.gurney@accesshc.org.au) every Friday.
5. The team with the highest average steps per walkers will win a \$50 voucher to a cafe of their choice.

# Active April



## Let's Walk Yarra Ranges

Use this conversion chart to help you keep track of the distance you have travelled during Active April.

Time	KM	Steps
10 MINS	1KM	1200
30 MINS	3KM	3600
55 MINS	5KM	6000

Activity	Steps per hour
Golf	6500
House Cleaning	5000
Yoga	3000
Tennis	12000
Swimming laps	11000
Bike riding	12000

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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.

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## 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.



**WIN**

Create a step challenge in your sporting club. You could compete with or 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!

## How to participate

- Track your activity using the conversion calculator, phone or smart watch.
- Email your team's distance in kms to [recreation@yarraranges.vic.gov.au](mailto:recreation@yarraranges.vic.gov.au)
- Check out Inspiro's Instagram @healthpromotion\_inspiro for the weekly leader board during April.

# Inspiro Stepathon



Use this easy conversion chart to help you keep track of the distance you have covered during March

Time	KM	Steps
11 MINS	1KM	1200
33 MINS	3KM	3600
55 MINS	5KM	6000

Activity	Steps per Hour
GOLF	5,000
HOUSE CLEANING	6,000
YOGA	5,000
WHEELCHAIR	9,600
TENNIS	12,000
SWIMMING	12,000