

10,000 Steps

Every step counts



10,000 Steps is a free program that encourages Queenslanders to increase their physical activity. With the help of a pedometer or activity tracker, 10,000 Steps aims to make you aware of how active you are and encourages you to move more every day!

All time achievements



393,000 members registered



Over **206 Billion** steps logged



13,500 organisations registered



67,700 App installs



Over **6000** team tournaments

Monthly achievements



2600 members registered



Over **1.2 Billion** steps logged



63,000 website sessions



1400 App installs



300 Challenge participants

"10,000 Steps has inspired me to motivate family members and friends."

"The website and app are an excellent resource. Thank you."

"I believe there is excellent value in this type of program for individuals and organisations and it is great to see this exists. :-)"

Program Resources



Free resources available to individuals, workplaces and community groups



Team Tournaments



Monthly Challenges with prizes



Free 10,000 Steps mobile app

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For further information please contact:
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Healthier. Happier.

