

Australasian University Health Challenge



FACT SHEET

Provided by 10,000 Steps

Thank you for getting involved in the 10,000 Steps Health Challenge. The AUHC is a great opportunity to become more active, lose weight and waist girth, and participate in a fun initiative with colleagues, community members or friends. It's not about exercising, it's about making the small effort to be more physically active.

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What is the Australasian University Health Challenge?

The Australasian University Health Challenge (AUHC) is a health-focused initiative where staff and students make behavioural changes to increase their daily levels of physical activity. Being physically active is crucial for health and wellbeing.

A large portion of our adult lives are spent at work; which are progressively becoming more and more sedentary environments. 52% of Australians and 49% of New Zealanders are not physically active enough to achieve health benefits. Universities across Australia and New Zealand have teamed up to provide staff and students with an opportunity to increase their physical activity, through a fun and exciting inter-university competition. It's not about exercising or following a strict training regime, it's just about making the effort to move more.

Do I need to be physically active to join in the challenge?

Not by any means. We are looking to improve physical activity levels for all staff and students across the participating universities, so it doesn't matter if you do 10,000 steps or 2,000 steps each day. As long as you can make small behavioural changes that increase your physical activity, then this is the challenge for you!

Can students participate as well as staff?

The AUHC is a health challenge for both students and staff of the participating universities, so be sure to sign up with your friends. Being physically active is beneficial for all ages and people.

How long does the challenge go for?

The AUHC will run for 6 weeks, beginning on August 19 and ending on September 29. Registration is open from 1st July, but we recommend registering closer to the date.

You can also register once the AUHC has begun if you miss out! Just remember to log your steps through the 10,000 Steps website.

Registering for the Challenge – NEW MEMBERS

1. Go to the 10,000 Steps website www.10000steps.org.au and select Sign Up
2. Enter your details to create your own account, we encourage you to use an organisational email address if you are part of a workplace group. Please note down your password as you will need it to login.
3. Select that you would like to register as a participant.
4. You will be asked to verify your email address by checking your emails and clicking on the link provided.
5. Complete the last required details needed to create your account.
6. Your account will now be created and you can access your Dashboard.
7. On your Dashboard, click on the Add Health Measures card.
8. Enter in your current height, weight and waist measurements, and add your goals.
9. Select which Health Challenge you would like to join from the drop down menu.

Registering for the Challenge – EXISTING MEMBERS

If you are already a member of the 10,000 Steps website, you can join the Challenge by doing the following:

1. Go to the 10,000 Steps website www.10000steps.org.au and select Login.
2. Login with your email address or username and password.
3. On your Dashboard, click on the Add Health Measures card.
4. Enter in your current height, weight and waist measurements, and add your goals.
5. Select which Health Challenge you would like to join from the drop down menu.

If you have previously completed the Health Measures Getting Started form you can join a Health Challenge by clicking on the View Health Measures Dashboard card, go to Settings and choose the Health Challenge you want to join from the drop down menu.

The AUHC is based on step count only. Although you are required to enter your initial weight and waist measurements, this is only to join the challenge. This is confidential information that only you can see.

If you do not wish to track your weight and waist measurements after joining, you are able to just enter your step count and physical activity.

I have created an account but haven't received a confirmation email:

This can occasionally be an issue with some email addresses. It may take a couple of days for a confirmation email to appear in your inbox, but be sure to check your junk email folder.

If this issue persists, and you are not receiving a confirmation email, try registering with another email. As long as you log your steps with the same email, it will count towards your University total.

Do I need to form a team?

For the Australasian University Health Challenge, you do not need to form a team. You need only represent your university.

We do however recommend walking with a group of colleagues and friends. It's more fun to motivate each other towards healthier behaviours, and increase your daily physical activity

It says I need to enter my initial height, weight and waist measurements. What if I don't want to measure this?

Initially to join the challenge, you will need to enter your height, weight and waist measurements. You are also welcome to enter some goals you'd like to achieve over the 6 week period of the challenge. This is confidential information that only you can see.

Although this information is required to join the challenge, you do not need to keep track of this information if you don't want to. We are measuring the competition based off of physical activity, but as added motivation you are welcome to monitor your own body goals for the 6 week period.

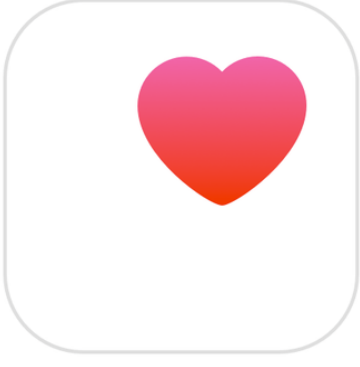
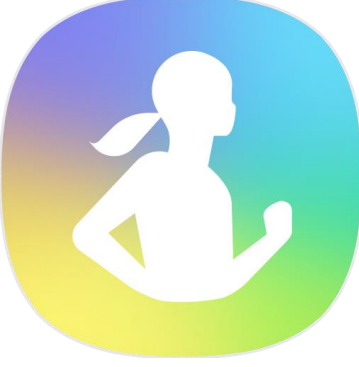

How do I measure my steps?

There are numerous ways to measure your steps for the tournament. The AUHC team recommend:

- Fit-bit, Garmin or similar fitness trackers
- Smart watches
- Pedometers
- Step Counters (Freely available on the App Store and Google Play Store for smartphones)

If you own a Samsung or iPhone, there are already built-in applications on your phones that accurately measure your steps on a daily basis. Use the graph below to find the best application for your device:

<i>Apple Health</i>	<i>Samsung Health</i>	<i>Google Fit</i>
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iOS Devices, iPhones etc.	Samsung Devices, Androids	Google Devices, Androids

Find the device that suits your lifestyle best. Ensure that you have this device ready by August 19.

Are pedometers provided to participants?

Some institutions may purchase pedometers from 10,000 Steps for participants. You can email your institution and ask if pedometers are provided.

Pedometers are available for purchase from the 10,000 Steps website:
<https://www.10000steps.org.au/pedometers/>

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Can I sync my activity tracker?

The 10,000 Steps program has the ability to connect with Garmin and Fitbit devices. To connect your 10,000 Steps account with Fitbit, please go to your Tracker Details in your 10,000 Steps account. Once your 10,000 Steps account is linked with your Fitbit account, you can sync your Fitbit steps by clicking on the sync icon on the right side of the Dashboard.

On the Dashboard you can set your own step goal, view your own step statistics, participate in monthly Challenges and connect with Friends. These features can help you to keep motivated to be physically active during the Challenge.

For further information, you can visit the website support section:
<https://www.10000steps.org.au/support/faqs/can-i-sync-my-activity-tracker/>

How do I log my steps?

To contribute your steps during the Challenge you will need to log steps in your own online 10,000 Steps account. Only steps logged since the start of the Health Challenge will contribute to your team's total. It is your responsibility to be actively involved and regularly log steps on the 10,000 Steps website.

To log your steps for the day click on the plus sign on the Dashboard and enter the number of steps you have walked or the activity in minutes. Alternatively, you can click on the Step Log button on your Dashboard which enables you to enter steps and activity in minutes for numerous days. Entering activity in minutes will add the estimated step conversion onto your daily total, increasing your step count.

Can I enter physical activity other than steps?

Absolutely. The Step Log allows you to enter your minutes of physical activity as either 'moderate' or 'vigorous', so keep track of how long you swim or cycle for and the step log will

convert this data to steps. You don't need to add minutes AND step count for the same activity though.

Viewing the Challenge

View your Health Challenge progress from the Health Challenge dashboard card. This card automatically appears once you have joined a Health Challenge. Your steps, weight and waist girth loss will automatically contribute to your team's total from this date.

Please note: Your individual data will not be shown.

More support is available on the 10,000 Steps website. If your question is not answered on this sheet, visit www.10000steps.org.au for more FAQ's or email the 10,000 Steps team.

Continue using the 10,000 Steps website after the AUHC ends to monitor and improve your physical activity! Utilising the 10,000 Steps website and app is a fantastic way to maintain your physical activity every day of the year, and it's completely free. Explore the website, challenge yourself to virtual walking journeys each month, create tournaments for your workplace, and see what more the site has to offer.