

# Health Promotion Evaluation Snapshot

The 5000 Step Challenge - a response to COVID-19, June 2020

**Health Promotion** aims to help people make healthy choices through environments that support healthy living. We work with Community and Service Providers to achieve the best health for our older population living in rural NSW.

**The Physical Activity Leaders Network (PALN)** facilitates weekly physical activity classes across Murrumbidgee Local Health District.



**Active Ageing:** as we get older we can become frail, we lose our strength and balance. It is important to maintain healthy eating, mental health and well-being and regular physical activity.

*"One of our 80 year old participants had done over 5500 steps by lunchtime!"*

- 5000 Step Challenge team captain



## The 5000 Step Challenge

### What & How?

**Step challenge competition from May- June 2020.**

- PALN leaders invited to form teams with their usual class members.
- Team captains provided with Challenge resources.
- Prize awarded to team with most steps.
- Strength and flexibility home exercises also provided.

### Why?

**PALN classes were suspended due to COVID-19 restrictions.**

- Challenge provided opportunity for exercise while social distancing.
- Walking supports health, social connectedness and promotes wellbeing.

*"I haven't walked this much in my life and I'm feeling less stressed and anxious."*

- 5000 Step Challenge Participant

### Who?

**9 teams registered, totaling 165 participants.**

- Participant ages ranged from 54 to 92 years.
- 91% women and 9% men.
- Challenge participants were members of Tai Chi, Gentle Exercise and Aqua Exercise classes.
- All leaders were volunteers with 6 months to 20+ years experience.

### Results

**Total steps 2 828 164**

- 257 106 average steps per person.
- The challenge successfully provided an opportunity for social connectedness whilst usual PALN class were restricted.

*It has been a great motivational tool"*

*"I've been doing a lot more walking than I have for a long time"*

- 5000 Step Challenge Participants

### More Information?

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<https://www.mlhd.health.nsw.gov.au/healthy-living/physical-activity/active-ageing>