



Shire of Mundaring

On Yer Feet and 10,000 Step Challenge

Background

The Shire of Mundaring has a population of approximately 38,000 people and covers an area of 644 km² of which nearly half is State Forest or Reserves. The Shire of Mundaring is the trail head for many long distance trails such as the Railway Reserves Heritage Trail, Munda Bidli Bike Trail, Kattamorda Heritage Trail and the National Trust Kep Track.

In 2004 the Shire received Local Activity Grant funding to implement the 'On Yer Feet' walking program which was designed to encourage residents to increase their level of physical activity through walking as a means of recreation and transport. The Shire then received additional Local Activity Grant funding in 2006 to build upon the success of the project with a 10,000 Step Challenge.

Project Objectives

- Increase knowledge and awareness of physical activity.
- Increase levels of physical activity within the Shire of Mundaring.
- Coordinate a community based and a school based 10,000 Step Challenge.
- Encourage the use of local walk routes and trails.

Project Strategies

- Identify four walking routes and install directional signage.
- Develop walk maps featuring the four walking routes.
- Establish walking groups lead by trained community members.
- Establish a pedometer loan scheme at the two Shire libraries.
- Run a five week pilot program prior to the launch of the 10,000 Step Challenge.
- Run a 12 week community based 10,000 Step Challenge.
- Recruit local primary schools to participate in a two week school based program.
- Develop resource kits for each participant that includes walking and trail maps, a logbook, and information on physical activity and nutrition.
- Develop a website for the program connected to the Shire website that includes program information, registration forms and information on nutrition and physical activity.
- Advertise the program through community newspapers and local magazines, schools, libraries, letter box drops, doctor's surgeries and the Shire.
- Create a weekly newsletter providing motivational stories from participants and information on physical activity and nutrition.
- Provide information in the Shire libraries for participants without email access to keep up to date with the program and to promote physical activity to community members.



Project Results

- 2,500 walk maps featuring local walking trails with directional signage were distributed to residents.
- 364 people participated in the community based 10,000 Step Challenge.
- Seven primary schools participated in the Challenge, with more schools wanting to participate in the next Challenge.
- Pedometer loans reached full capacity and many more were purchased by participants at a discounted rate from a local sports store. Talking pedometers were supplied to people with a vision impairment.
- 72 people participated in two community walk events.
- Three walking groups were established.
- A 12 page web site was created with information about physical activity and nutrition updated regularly.
- Twelve newsletters were produced and emailed to participants.
- A number of participants joined other local activities such as walking groups and seniors aerobics class 'Prime Movers'.
- The project created a strong 'buzz' and sense of community spirit.



Where to From Here

- The 10,000 Step Challenge is run annually and continues to recruit around 300 participants.
- A medicinal 10,000 Step Challenge has been implemented with 'exercise prescriptions' being prescribed by 14 local doctors to patients whom they believe would benefit from exercise. This is a more personal one on one program targeting people who might not participate in larger community events.
- The primary school program has been expanded to a four week challenge.

Lessons Learned

- The five week pilot program allowed the Shire to identify and address any issues prior to the commencement of the twelve week challenge.
- The use of a qualified fitness instructor running the program enabled all participants access to exercise related information and take the program to a more personal level.
- It would be useful to negotiate discounts at local Recreational Centres and promote walking groups to offer participants the opportunity to participate in further physical activity following completion of the Challenge.

Total cost of project: \$43,980 (including \$18,787 Local Activity Grant)

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