



# Fit & Healthy Steps

## **FEEDBACK**

**(July, 2007)**

Regularly leading the leader board in the Fit & Healthy Steps Challenge is team Pram Pushers - headed by Danielle Woods, let's see who these walkers are....

*“Pram Pushers’ is a group of mums and dads who have invested considerable time and effort in getting their own "mini" personal trainer to keep fit over the winter months. These ‘hard core’ trainers, aged between 10 and 14 months, are very demanding and expect only the best from their trainees when it comes to walking.*

*Trainers insist on walking every day rain, hail or shine. They accompany the trainee on most walks outside in their pram (aka ‘limo’) meaning trainee’s push around 20 kilos for many of their 10,000 steps each day. This really gets the heart rate up as trainers like to walk at pace and are not shy in letting you know you if you are slowing down!*

*We believe healthy parents promote healthy families - what a great routine for your baby to be a part of! The more we walk, the easier it is to keep our energy levels up in what is a very demanding ‘workplace’. A team approach is an excellent way to support and motivate. As the zen saying goes, if nothing changes, nothing changes.*

*Thanks to Fit and Healthy Steps for organising and GU for supporting this program.”*

**(June, 2007)**

*International Flavour and Fragrances is a Global company which creates and manufactures flavours, fragrances and aroma chemicals and has embraced the steps challenge as an initiative headed by Human Resources Manager Jennie Marlow, who shares with us her companies progress and involvement.*

*"In Australia we are a small company based in Dandenong South and Lane Cove. We invited our two sites to participate in the fit and healthy steps challenge and were delighted when 37% of our employees took up the offer. I now regularly hear from people who have taken up bike riding to work, walking their dog in the morning before their shift starts (it must be so cold at*

5am!), and meeting up with family to exercise. We even have a staff member who walks more than 12km to get to work, and he starts at 6am !!

*When I watch my son play football each Saturday, I walk around the oval for the hour or so. This sure beats dealing with the cold on these miserable days. We were very fortunate to win the Fruit at Work prize, and rather than take the lovely basket around to their desks, everyone had to collect their reward by walking over to my office. We also have a couple of exercise "junkies" who have really raised the bar, and given us all something to strive for, but the message we are trying to convey is that even with a busy lifestyle, we can all fit some daily activity into our schedule."*

### **(May, 2007)**

*Team members from Park's Victoria's Bairnsdale region have been using the Fit & Healthy Steps Challenge in an attempt to commit to the Healthy Parks Healthy People philosophy their agency operates under and Anne-Marie Mehlert and her team have provided us with a fabulous description of a local walk as many of us head towards Bairnsdale on our virtual journey.*

*Macleod Morass was originally part of the Mitchell River bed but is now a 520 hectare freshwater marsh that is listed under the RAMSAR convention as a wetland of international significance. It is a short drive from the heart of Bairnsdale and there are many things to see and do there. Marshes and swamps are important ecosystems and provide habitat for many different plant and animal species. Various birds, plants, frogs, fish, insects, reptiles and mammals all call Macleod Morass home and can be observed while wandering the walking tracks and boardwalks.*

*The many weird and wonderful sounds made by frogs, Reed Warblers and Little Grass Birds can be heard throughout the Morass. An Ibis breeding colony is visible from the walking track and there are two birdhides that can be accessed from the boardwalks, from these hides many wetland bird species including Black-winged Stilts, Swans and Purple Swampheens can be silently and unobtrusively observed feeding and going about their day to day lives. The waters of the Morass team with aquatic insects and a vast array of different species, along with tortoises, water rats and European Carp can be observed while walking along the edge of the waters.*

### **(April 2007)**

*The Victoria Police demonstrated their commitment to promoting health within the organisation by sponsoring staff in the Fit and Healthy Steps Challenge. Several of the staff have stepped forward (pardon the pun) to organise staff within their work centres.*

*At Traralgon Police Station, Nicky Marchesi, a staff member with over 30 years service to Victoria Police has organised a walking group and launched into the challenge of completing 10,000 steps a day.*

*"We are delighted to have the support of Latrobe Police in our endeavour to become a little fitter and healthier. To be able to get out in the open air even*

*for 30 minutes is a great stress reliever and motivator. All the girls are enthusiastic about the program and enjoying the challenge of meeting if not exceeding, their 10,000 steps. It is quite motivating to see our team name and some of the individual members appearing on the website. To be able to use the site and track progress is an important component of the program. You want to get on each day and measure your progress. The pedometer is with me all the time, at work and at home."*

*Senior Sergeants Brendan Scully and Craig Gye are more than happy for their staff to take some time out of the work day and get out and walk together. Craig said,*

*" It is terrific to see the staff so enthusiastic about this. They go out and relieve a bit of stress and we are happy to give them some free time to do it. I believe they come back refreshed and better able to get through a days work. It is a very useful team building tool that has health benefits as well. It is certainly time well spent"*