

# 10,000 Steps Community Grant Outcomes



## Queensland Country

## Women's Association - Beech Mountain to Byron Bay Virtual Walk

### Grant Objectives:

- To build the health and cohesiveness of the community through enjoyable activity and communal sharing of healthy food.



Community Team Tournament



Dog Walking



Walkway Signage

### Grant Outcomes:

- Two Community Tournaments were conducted:
  - The Beechmont to Byron Bay Tournament where participants virtually walked the equivalent of 170km from Beechmont to Byron Bay.
  - The Beechmont School Tournament was a one day event that mobilised local school children in fun team activities.
- A total of 220 participants participated in the strategies. Participants dogs were welcome on group walks.
- New walking groups were formed during participating in the Tournament and existing groups have been strengthened. The groups report enjoying walking and talking with friends.
- Walkway signage was unable to be installed due to paperwork and approval systems which went beyond the project timeframes.



***“We saw the leveraging potential of a well-known Project [10,000 Steps] in helping us build community confidence and willingness to get involved with our planned activities.”***

***“The 10,000 Steps program has inspired me to follow an exercise program on a daily basis. This program is very worthwhile to implement into any community.”***



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