

ACTIVITY LOG BOOK

GET INVOLVED AND GET MOOVING!







WHAT'S IT ALL ABOUT?

Walking is a great way to get mooving and get active! It boosts your energy, it's convenient and above all it's fun to do!

WHAT ARE THE BENEFITS?

Being physically active every day is fun and can:

- Help achieve and maintain a healthy weight
- Build strong bones and muscles
- Improve balance, movement and coordination skills
- Encourage self-confidence and independence

HOW TO WALK SAFELY:

- Make sure when you walk you are accompanied by a parent or guardian
- Ensure that your footwear and clothing are suitable – always wear a hat and sunscreen
- Be prepared check the weather forecast prior to leaving the house
- Bring a bottle of water
- Always stay on the walking path or footpath

LET'S GET STARTED!

- You will need to have a pedometer to track your steps!
- Set your pedometer to 0 each morning (refer to your pedometer's packaging for more information)
- Attach the pedometer to your waistband in position with your foot, make sure it is secure
- Start walking!
- At the end of each day, record the number of steps you took in your log book

Aim to move up to a higher level of physical activity each week!

	Average steps per day	State of physical activity
Level 5	10,000 +	Very active, keep it up!
Level 4	8,000 – 10,000	Active
Level 3	6,000 – 8,000	Somewhat active, nearly there!
Level 2	4,000 – 6,000	Inactive
Level 1	4,000 or less	Very inactive, time to get mooving!

Once you have completed 8 weeks cut out your log sheets and send them to:

Greater Shepparton City Council Active Living Department Locked Bag 1000, Shepparton 3632 Go in the draw to win a great prize pack!

For more information contact the Healthy Communities Team on (03) 5832 9431 or email healthycommunities@shepparton.vic.gov.au

SAMPLE LOG SHEET





	NUMBER OF STEPS
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total weekly steps	
Average steps this week (total number of steps divided by days logged)	
Activity level this week	

ENJOY LUNCHTIME

Lunchtime is a great chance to get outside and enjoy time away from your desk. Plus, what we eat at lunch can fuel our minds and bodies for a productive afternoon. Make sure your lunch is not only delicious, but nutritious and satisfying too.



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MAKE WALKING FUN BY PLAYING 'NOTICE THE NEIGHBORHOOD'

Get a family member to print a list of 10 random items you have to find on your walks together, for instance find one fruit tree, a house with a bird bath, a particular car in a drive way, and many more items.





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PLAY!

Incorporate a little more fun into your life by flying a kite, playing frisbee, Hula-hoop it up, playing hopscotch, playing catch or jump rope.

GET MOOVING ON THE WEEKEND





EVENTS HELD THROUGHOUT GREATER SHEPPARTON



activities in the park



WWW.GETMOOVINGSHEPPARTON.COM.AU

#GETMOOVING #ACTIVITIESINTHEPARK

PROUDLY PRESENTED BY







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Thursday	
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TRY HEALTHY ALTERNATIVES

For healthy snack alternatives why not swap your afternoon chocolate bar for peanut butter and celery or swap your potato crisps for dried fruit.



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EAT FRUIT AND VEGETABLES

Eating 2 serves of fruit and 5 serves of vegetables every day rewards you with lots of vitamins, minerals, fibre and energy.





Use small amounts



Only sometimes and in small amounts





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GET SPORTY!

Find a new activity or sport to love. Try tennis, badminton, soccer, volleyball, croquet or take a bike ride around your neighbourhood.





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MOVE MORE!

Play 'add-on'. Take turns doing one simple movement, such as bending your elbow. As you do a new movement, repeat the movements that have already been done.



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PLANT A FAMILY GARDEN

Select and plant seeds, water them, watch them grow and eat them on your plate. Start your garden off with these easy to grow vegetables, zucchini, tomatoes, cucumber or spring onions.



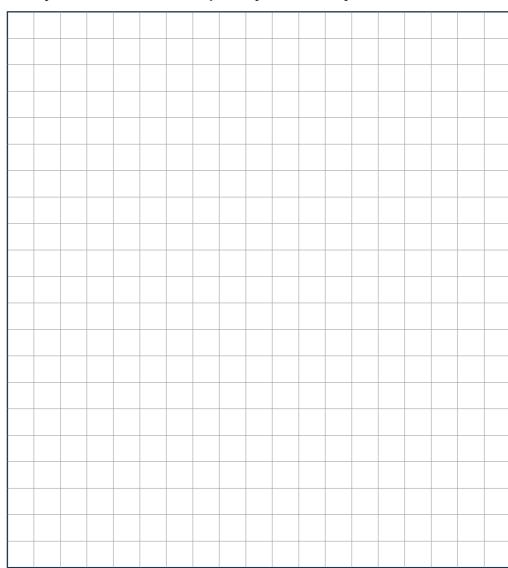
30 WAYS TO GET MOOVING AND GET HEALTHY

- 1. Walk or ride to school
- 2. Go for a family walk with your dog
- Swap your chocolate snack for an energy boosting banana
- 4. Turn off the TV and explore outside
- 5. Trade fruit juice for a piece of fruit
- Take part in a Guided Historical Walking Tour - go out and explore Greater Shepparton together
- 7. On a windy day, find an open area and fly a kite
- 8. Play catch in a local park or even in your own backyard
- 9. Get some chalk and play hopscotch
- 10. Plan a family hike and climb Mt Major in Dookie
- 11. Play hide and seek, inside or outside
- 12. Try to eat 5 serves of vegetables and 2 serves of fruit a day
- 13. Hide your remote. If you must watch TV, at least stand up to change the channel
- 14. Visit your local playground
- 15. Get the family together and walk around Victoria Park Lake

- 16. Sing, march and dance along to your favourite TV shows
- 17. Help out and do some chores around the house
- 18. Put your coat and gumboots on and go puddle-jumping
- 19. Get a group of friends together and play backyard cricket
- 20. Throw a frisbee
- 21. Swim and splash about at the local pool
- 22. Jump on a trampoline
- 23. Dance to your favourite music
- 24. Jump on your bike and see how many laps around the block you can do
- 25. Get the skipping rope out, jump by yourself or get others involved
- 26. Visit KidsTown and explore the playground
- 27. Grab a tennis ball and play down
- 28. Swap soft drink for water
- 29. Rollerskate, rollerblade or skateboard
- 30. Add fruit to your breakfast cereal

GET MOOVING TO SCHOOL

Draw your own active travel map from your home to your school.





How will you walk to school safely?

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