



## Australasian University Health Challenge 2022

The Australasian University Health Challenge (AUHC) is a health-focused initiative where staff and students make behavioural changes to increase their daily levels of physical activity. Being physically active is crucial for health and wellbeing.

The AUHC is a free, inter-university Health Challenge, where **staff and students at each university combine forces** to compete against other universities in a step challenge hosted on 10,000 Steps.

### When will the 2022 AUHC run?

The 2022 AUHC will run for 6 weeks, beginning on Monday September 5th and ending on Sunday October 16th. Registration is open from Monday 22nd August. Participants can also register once the AUHC has begun.

### How to register for Team UQ in the 2022 AUHC

NEW MEMBERS	EXISTING MEMBERS
<ul style="list-style-type: none"><li>• Go to the 10,000 Steps website <a href="http://www.10000steps.org.au">www.10000steps.org.au</a> and select <a href="#">Sign Up</a></li><li>• Enter your details to create your own account, we encourage you to use an organisational email address if you are part of a workplace group. Please note down your password as you will need it to login.</li><li>• Select that you would like to register as a participant.</li><li>• You will be asked to verify your email address by checking your emails and clicking on the link provided.</li><li>• Complete the last required details needed to create your account.</li><li>• Your account will now be created and you can access your Dashboard.</li><li>• On your Dashboard, scroll down and click on the Health Challenge card.</li><li>• Select which Health Challenge you would like to join from the drop-down menu and select our university's team.</li></ul>	<p>If you have <b>previously participated in the AUHC</b> then you are already a member of the 10,000 Steps website, you can join the 2022 Challenge by doing the following:</p> <ul style="list-style-type: none"><li>• Go to the 10,000 Steps website <a href="http://www.10000steps.org.au">www.10000steps.org.au</a> and select <a href="#">Login</a>.</li><li>• Login with your email address or username and password.</li><li>• On your Dashboard, scroll down and click on the Health Challenge card.</li><li>• Select which Health Challenge you would like to join from the drop-down menu and select our university's team.</li></ul>

### This is a challenge for both staff and students

The AUHC is a health challenge for both students and staff of the participating universities. Being physically active is beneficial for all ages and people.

### How to view the 2022 AUHC results

You can view your university team's progress from the [Health Challenge dashboard](#) card.



This card automatically appears once you have joined a Health Challenge. Your steps will automatically contribute to your team’s total from this date. You can also view the AUHC by going to the Health Challenge page directly.

### How to measure your steps

There are [numerous ways to measure your steps](#) for the AUHC. The recommended options are:

- Fitbit, Garmin or similar fitness tracker
- [Apple Health – Apple watch or iPhone](#)
- Built in applications –Samsung Health (Samsung), Apple Health (iPhones), Google Fit.
- Pedometer (not supplied)
- Step Counting Apps (Freely available on the App Store and Google Play Store for smartphones)

For details on syncing your chosen device/tracker with your 10,000 steps account, visit <https://www.10000steps.org.au/support/> and scroll down to the Tracker Connections menu options.

### Ways to increase your step count

Some small changes you can make to increase your daily steps include:

- Park further away or get on/off public transport a stop or two earlier
- Suggest walking meetings
- Head out and about on your lunch break
- Take the stairs
- Walk with a friend or walk your dog
- Walk instead of drive when heading out locally
- Join in the below challenges
  - **Team UQ Challenge**...as a team we are aiming to surpass our 2021 team total of 167,208,240 steps!
  - **Individual Weekly Challenges**...more details provided from Monday 5 September.

<b>Week One</b>	<b>Off to a flying start - 10K everyday challenge</b>
<b>Week Two</b>	<b>It’s not just about the steps! challenge</b>
<b>Week Three</b>	<b>parkrun fun challenge</b>
<b>Week Four</b>	<b>Walking Bingo</b>
<b>Week Five</b>	<b>Campus Scavenger Hunt</b>
<b>Week Six</b>	<b>Consistency is Key</b>

### Got another question?

If it is related to the 10,000 steps platform, please check the [Support page](#) or email [10000steps@cqu.edu.au](mailto:10000steps@cqu.edu.au)  
If it relates to Team UQ’s participation, please email [uqwellness@uq.edu.au](mailto:uqwellness@uq.edu.au)