

27 November 2018

## Warwick Hospital staff step up for wellness

Staff members from Warwick Hospital are putting their best foot forward for wellness this November.

The group has registered in the free, online program, 10,000 Steps Challenge. The program encourages participants to achieve at least 10,000 steps each day.

“A number of staff from Hanlon Ward have come onboard and registered for the challenge,” Hanlon ward Nurse Unit Manager Robyn Cameron said.

“We timed it specifically in the lead up to Christmas to keep our wellness and wellbeing at the front of our minds.”

The challenge will be run over six weeks and will also include weekly information presentations and opportunities for group exercise.

“We’ve held similar challenges in the past and we’ve found it to be a great motivator for staff,” Ms Cameron said.

“In the first week of the challenge, the team walked a collective 871 kilometres.”

Staff have been keeping a record of their steps per day on a tally board located in the ward.

“Our team enjoy having a bit of healthy competition and it’s great to work together on improving our wellbeing,” Ms Cameron said.

### ENDS

**Caption:** Warwick Hospital staff (from left) Erin Walker, Willem Wiid, Kazuko Kudo, Anna Rothman and Rebecca Treasure are taking part in the 10,000 Steps Challenge.

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