

How do you measure up



Australian Better Health Initiative

A joint Australian, State and Territory government initiative.

Ideas for loaning your pedometers to parents

Follow up activity for parents after the Live Outside The Box Passport Activity

- ⇒ Children in stage 3 classes take pedometers home for parents to use for a limited time (eg one or 2 weeks). Pedometer information & tally sheet provided.
- ⇒ Set a realistic 'step goal' or goals for parents to reach for their child's class
- ⇒ Parents return their tally sheet to the school (via children)
- ⇒ *Parents who return their pedometer receive a free 'Healthy Food Fast' Cookbook*
- ⇒ Class with highest combined parent step tally wins a healthy prize; eg healthy BBQ, parent vs student game

Healthy fund raising activity for the school

- ⇒ Parents borrow pedometers for a limited time to be determined by you (pedometers taken home via children in stage 3 classes) Pedometer information & tally sheet provided.
- ⇒ Set a realistic weekly 'step goal' or goals for parents to reach for their child's class
- ⇒ Parents ask sponsors to donate money according to number of steps accumulated
- ⇒ Parents return pedometers and money returned to the school
- ⇒ *Parents who return their pedometer receive a free 'Healthy Food Fast' cookbook*

Pedometer holiday

- ⇒ Lend pedometers to parents via stage 3 classes for one week
- ⇒ Devise a map to a holiday destination with pre-determined 'stop overs' along the way (eg, there could be 7 stop offs to on the way to the final destination, with each stop off representing the step tally for one day).
- ⇒ Parents return their holiday map/tally & pedometer
- ⇒ Parents go into the draw for a healthy prize (eg cookbook)
- ⇒ Stop offs could then relate to classroom activities for the children- mathematics, HSIE, etc.

Pedometer library loan

- ⇒ Parents borrow pedometers through the school library for a limited time
- ⇒ Pedometer information & tally sheet provided with loan
- ⇒ Parents who return their pedometer go into the draw for a healthy prize.

Pedometer loan through the canteen

- ⇒ The canteen could offer a loan scheme for parent volunteers in the canteen and other parents.

For schools that conduct a pedometer loan scheme, the Health Promotion Unit will provide a limited number of additional free pedometers, to be used as prizes along with the Healthy Food Fast cookbooks (which have already been delivered).

For a limited time, schools can purchase additional pedometers at the discount price of \$5.67 by contacting Dale