

10,000 Steps Move Together Challenge 2026

One of the Country Kitchens 5 key messages is Sit Less, Move More. Throughout August and September, we encourage facilitators and branches to focus on this key message by getting involved in the **2026 Move Together Challenge**.

Our program partner, **10,000 Steps**, has launched the 2026 Move Together Challenge, a **free six-week** initiative that supports people of all ages, abilities, and backgrounds to be more active in practical, achievable ways, at work, home and in the community. Running from **3rd August to 13th September 2026**, every step logged by participants contributes towards a shared Queensland-wide step total. Whether you're already active or just getting started, every move counts.

Move Your Way, Everyday

The Move Together Challenge is designed to make physical activity easy to fit into everyday life. Walking is a great way to be active, but it isn't the only way to participate. Walking around your neighbourhood, gardening, housework and shopping all count towards your daily movement. Activities such as golf, cycling, swimming, aqua aerobics, organised sport and gym workouts can also be logged as time and converted into steps in your 10,000 steps account.

The challenge is free, inclusive and suitable for people of all ages, abilities and activity levels, including wheelchair users, making it easy for everyone to take part.



How to get involved?

1. Go to the 10,000 Steps website www.10000steps.org.au and click on the 'Sign Up' button
2. Enter your details to create your 10,000 Steps account
3. On your dashboard, enter the number of steps you have walked and the number of minutes spent doing other physical activity. These minutes will be converted to steps and added to your daily total.

Track your own progress throughout the Challenge while every step you log automatically contributes to the Queensland-wide Challenge total. For those who would like to participate as part of a team, facilitators, branch members and State Office staff are invited to join the QCWA Move Together Team and work together to accumulate steps throughout the Challenge. To join the team:

- Create your profile
- Click the QCWA team invitation link: <https://www.10000steps.org.au/invites/JNPEMO-396950>
- Enter the team code: **JNPEMO-396950**
- Start logging your steps and physical activity from 3 August

Every step logged between 3rd August and 13th September will automatically count towards both the QCWA team total and the Queensland-wide Move Together Challenge total.



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Ideas for Country Kitchens Facilitators

The Move Together Challenge is a fantastic opportunity to incorporate the Sit Less, Move More message into your branch activities and community events.

Some facilitators and branches have already started walking groups following the release of the Starting a Walking Group Guidelines. The Challenge provides a great opportunity to reinvigorate an existing walking group or start a new one while working towards a shared goal together. Some ideas to encourage participation include:

- Consider starting a regular walking group before or after branch meetings or Country Kitchens activities
- Encourage branch members to join the QCWA Move Together Team
- If your branch already has a walking group, consider creating a branch team in 10,000 Steps. Your members can enjoy some friendly competition while contributing to the Queensland-wide challenge total. Reach out to the CK team and we can support you to step up a team
- Organise a community walk or "walk and talk" activity
- Share branch progress updates and celebrate milestones through at branch meetings or through social media
- Encourage friendly competition by recognising participation and achievements at branch meetings or on social media

Success isn't just measured by the top of the leaderboard. As a facilitator, you can help create an encouraging environment where every participant feels that their contribution matters. Whether participants are competing for the highest step count or simply moving more than they did yesterday, every step counts.

We look forward to stepping into an active August and September together.

If you are running a walking group, remember to include the details in your Country Kitchens Monthly Report.

To learn more about the Move Together Challenge, [click here](#).

