

3 December 2009

Walk 10 Times Around Australia? No Worries Mate!

From the 5th to the 30th of October, Barwon Health staff participated in the WALKabout challenge to raise money for the Geelong Hospital Appeal to support the redevelopment of the Children's Ward.

The aim was to walk the equivalent of trekking around Australia once. The result was a huge 251,945,000 steps taken, equating to walking around Australia 10 times, and just over three times around the world.

"WALKabout motivated me to go out walking on my lunch breaks which made me feel better throughout the day. I thought I was active enough during the day but the pedometer kept me accountable," said Angela Boracci from the Access and Patient Flow Department.

The WALKabout challenge also aimed to promote the health and wellbeing of Barwon Health staff. It helped staff learn about the importance of exercise and helped to build better working relationships among the various units.

"I think WALKabout made me think about how much I actually walk in a day. As an office worker I didn't realise how sedentary my job actually made me. It was also a very good way to promote team building within units," said Angela.

The winning team that walked the furthest distance was 'Hawksforthewoodenspoon2010' from the McKeller Centre Health Club who collectively walked 1965 kilometres.

The winning individual that walked the furthest distance was Belinda Harrison of Nursing Coordination who walked an amazing 812 kilometres.

Barwon Health staff managed to raise \$10,480 for their WALKabout efforts which will go towards the redevelopment of the children's ward.