GREAT OCEAN ROAD HEALTH

Join us on the 2021 Great Ocean Road Health Virtual Hike

We at Great Ocean Road Health are holding our second annual virtual hike in support of regional and remote health care workers caring for residents in aged care. We have an aged care facility linked with both of our campus's and know how difficult this period has been on residents, staff and community.

This year will be covering 200km of beautiful coastline from Torquay to the 12 Apostles. Our focus is supporting the physical and mental health of residents, staff and community. We had 500+ participants last year and hoping to increase numbers and facilities who wish to join in on the fun. The virtual hike will hopefully inspire you and your fellow work mates to remain motivated, work together in a team and keep our aged care residents engaged and connected.

AIM: We (residents, community, and staff) are aiming to walk the length of the coastline from Point Impossible in Torquay to The 12 Apostles in the Port Campbell National Park. This will require 10,000 steps each day. The walk is virtual and the purpose is to increase activity levels in all participants and create more social connectivity.

HOW TO GET INVOLVED: Simply put together a team of up to 10 peeps, measure your steps via your smartphone or use the simple formula of 10 minutes of activity = 1,000 steps. Submit your team steps each week on our Facebook group (Great Ocean Road Health – Exercise, Health and Wellbeing) or via email (Campbell.Craig@gorh.vic.gov.au).

START DATE: We will be launching on Wednesday September 1st with a motivational video, course overview and we encourage everyone to organise a morning tea for everyone involved. STAY CONNECTED: Each day a video will be released with a different staff member introducing the section of trail to be covered that day. You can see these on our Facebook page and YouTube channel. We will also keep the leader board up to date, just for fun.

HOW TO GET STARTED: Simply head to www.greatoceangroadhealth.com.au/virtualhike to register your interest and receive your information pack. Please note, aged care residents waver the joining fee and receive a free starter pack (pedometers, USB with daily videos, information sheet and medals).

THE GOAL: We would like to keep people moving, while maintaining social connectedness and community spirit. We will also focus on the small steps we can take to improve our mental and physical health through good food and mindful activities. There will be bonus steps for each team when every team member completes 10 minutes of mindfulness and achieves 5 serves of vegetables.

Please do not hesitate to contact Emily Lens, Marketing and Media Advisor on 0400 121 903 for further information.