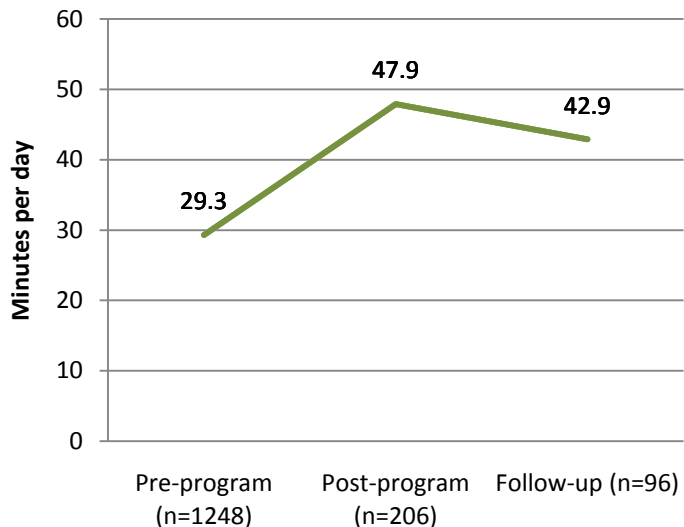




“The Get On Track Challenge is a FREE, fun and entertaining team-based physical activity and healthy eating program for all WA adults”

54.1% of evaluation respondents stated that they currently participate in more physical activity than compared to when they first commenced the program

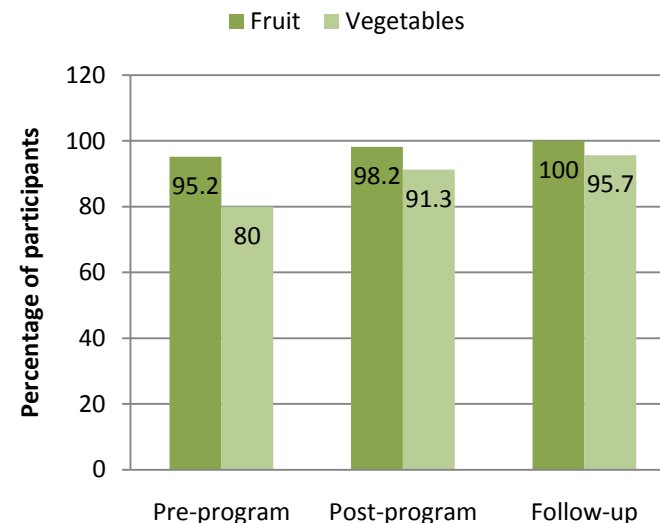
Minutes of Physical Activity



Best ‘things’ about the challenge:

- Team camaraderie
- Competition
- Monitoring fruit and vegetable intake
- Prompting more exercise
- Monitoring progress
- Generally motivating
- Online convenience

2 serves of fruit and 5 serves of vegetables each day is necessary for good health



Over 3230 participants since program launch in 579 teams

For more information please contact Emma-Lee Finch on 9436 6208 or emma-lee.finch@diabeteswa.com.au



Government of **Western Australia**
Department of **Health**



The Get On Track Challenge is an initiative of Diabetes WA and is proudly funded by the Department of Health, Western Australia.