



Would you like to participate in a fun challenge with your kids and reach health goals together as a family?

CQUniversity Step it Up Family Program

CQUniversity is conducting a new and innovative research project which aims to help Australian families become more active through the use of Garmin activity trackers and smartphone applications.

Who is eligible? If your family lives in the Rockhampton and Yeppoon area, engages in little or no regular physical activity and would like to increase their physical activity levels, you may be eligible to participate in the Step it Up Family Program.

What does it involve? Families will be asked to complete an online survey, wear Garmin activity trackers and monitor their steps via two apps. We are inviting mothers, fathers and their children aged 6-10 years to participate.

How can I learn more? You can learn more about your eligibility to participate in the Step it Up Family Program and register on line at <https://www.surveymonkey.com/r/stepitupscreening> or call the Step it Up Project Office on (07) 4930 6456.

Mums AND Dads matter in kids' physical activity participation.