



Are you ready to accept the challenge?

The Get on Track Challenge is a free, fun and entertaining team-based physical activity and healthy eating program for all WA adults.

Team up with 6-8 mates, family members or work colleagues and take a virtual adventure along a WA track.

Aim for 30 minutes of physical activity and 2 serves of fruit and 5 serves of vegetables every day. Log your physical activity and fruit & vegetable consumption online each day and track your teams progress along the interactive map.

Join a set 8 week challenge or create a competition to suit your needs – perfect for workplaces and community groups.

HOW TO REGISTER

1

Visit www.getontrackwa.com.au to create a personal account

2

Rally up a team of 6-8 people

3

Choose a team captain and team name

4

Choose a challenge

Don't have access to the internet?
Call Diabetes WA on 9325 7699 for more information about how you can get involved.

For more information or to REGISTER NOW
visit www.getontrackwa.com.au.

Why participate in the challenge?



The Get on Track Challenge provides a fun and supportive team environment to help you be active and make healthy food choices every day.

So, are you an individual wanting to:

- become or maintain a healthy weight
- improve your energy levels and long term health
- improve your emotional health and build social relationships
- have some fun with your friends, family or work colleagues

Or, an employer looking to:

- improve employee teamwork and morale
- improve the health, wellbeing and productivity of your employees
- reduce absenteeism and compensation claims

Then the Get on Track Challenge is for you!

Register to take the challenge today!

Visit www.getontrackwa.com.au



Department of
Health

