

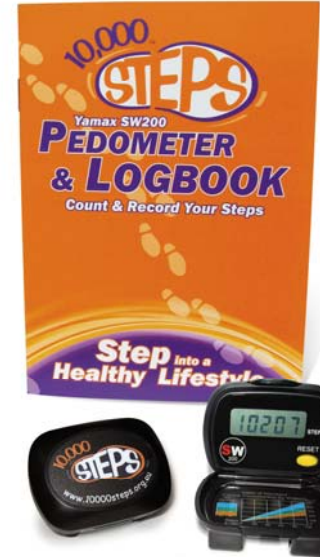


10,000 Steps Order Form

STEP INTO SUMMER CHALLENGE

Travel from Rockhamptom to the Gold Coast

With Great Prizes & Incentives to be won!!!!



Begins Monday 19th November 2012
Finishes Friday 14th December 2012

CONTACT DETAILS *Participation Packs Sent to 1 Address Only

| | | |
|----------------------------------|-----------------|-----------|
| Contact: | Team Name: | Date: |
| Company: | Purchase Order: | |
| Phone: | Fax: | |
| Email: | | |
| Delivery Address (not a PO Box): | | |
| Suburb: | State: | Postcode: |

| CODE | STEP INTO SUMMER PACK | QTY | COST (INCL GST) | TOTAL \$ |
|--------|--|-----------------------------|-----------------------------|-----------------------------|
| SSPACK | 10,000 Steps "Step Into Summer" Participation Pack Includes SW200 pedometer, safety strap, instructions, drawstring bag & a pair of compression socks. | | \$30.00 | |
| SOCKS | Compression Sock Sizes List Amount In Boxes | <input type="checkbox"/> T1 | <input type="checkbox"/> T2 | <input type="checkbox"/> T3 |
| | | <input type="checkbox"/> T4 | <input type="checkbox"/> T5 | |
| | POSTAGE AND HANDLING | | \$15.00 | \$15.00 |
| | | | TOTAL | |

PAYMENT DETAILS

| | | |
|---|-------------|--------|
| Authorised Account* | Credit Card | Cheque |
| *Please note if an account has not been authorised payment by cheque or credit card will be required. | | |
| Name on Card: | | |
| MasterCard | Visa | Amex |
| Card Number: | | |
| Expiry: | | |
| Total amount : | Signature: | |

Please Forward Completed Order Form and Payment To:
 Address: HaB Oceania, PO Box 1230 Eagle Farm BC QLD 4009
 Fax: 07 3268 3940 Email: info@haboceania.com.au

STEP INTO SUMMER CHALLENGE

BACK in 2012!!!

A 4 Week Virtual Walk from Rockhampton to the Gold Coast
WITH MORE GREAT PRIZES THIS YEAR



Begins 19th November 2012
Finishes 14th December 2012

You spend half your waking hours at work.

This is a great opportunity to increase your physical activity during the workday and become more active.

- Improved Job Satisfaction & Team Spirit
- Improved Health & Fitness
- Reduced Absenteeism & Turnover
- Reduced Stress

How does it work?

- **Form a team of between 5 and 10 members and nominate a Team Captain.**
(we recommend at least 5 in order to be able to finish the challenge within the six week time frame)
- **Wear your pedometer every day and log your steps onto the 10,000 Steps website.**
(These are added to your teams progress and count towards reaching your overall goal)
- **Each week receive updates on your teams progress, ideas on keeping up the steps and extra nutritional and lifestyle advice.**

Make it more interesting and challenge your suppliers, neighbouring division or even the floor above or below you.

Involve your whole workplace and use the power of numbers to increase the chance of prizes going to your company.

REGISTER YOUR TEAM NOW

For \$30 per participant each Team Member receives a Participation Pack.

Includes A SW200 Pedometer, Drawstring Bag, Safety Strap, Walking Socks & Completion Certificate.

For more information email carmen@haboceania.com.au or phone HabOceania on 1800 000 180

STEP INTO SUMMER 2012 PARTICIPATION PACKS



proracingsocks 3D.DOT

| | T1 | T2 | T3 | T4 | T5 |
|----------|-----------|-----------|-----------|-----------|-------------|
| Europe | 34/36 | 37/39 | 40/42 | 43/45 | 46/48 |
| UK Women | 2.5 - 3.5 | 4 - 6 | 6.5 - 7.5 | 8 - 10.5 | 11.5 - 13 |
| UK Men | 3 - 4 | 4.5 - 6.5 | 7 - 8 | 8.5 - 11 | 12 - 13.5 |
| US Women | 5 - 6 | 6.5 - 8.5 | 9 - 10 | 10.5 - 13 | 14.5 - 15.5 |
| US Men | 3.5 - 4.5 | 5 - 7 | 7.5 - 8.5 | 9 - 11.5 | 12.5 - 14 |

BIKERUNTRAIL



- Yamax SW200 Pedometer
- Compressport Compression Socks
 - With Shock Absorbtion
 - Acupressure
 - Circulation Enhancement
 - & Antibacterial Fibres!
- Instruction Manual
- Safety Strap
- Drawstring Bag
- Step Into Summer Certificate*

*Comes After Challenge Is Finished

Valued Over \$65.00!!!