To celebrate National Radiographers and Radiation Therapists Week (NRRTW) in 2011, the AIR together with Philips brought you the inaugural NRRTW Walking Challenge. The competition commenced on Monday 17th October and finished on Friday 11th November. The Challenge was held over a four-week period with participants registering their daily steps and reporting in once a week on their progress.

The aims of the NRRTW Walking Challenge were:
- To increase the participation in walking over a four-week period
- To educate the participants on how many steps they were currently undertaking on a daily basis
- To promote physical activity.

The challenge attracted a total of 50 participating teams from 30 departments throughout Australia. The teams consisted of six members with a total participation of 300.

Each team member was issued with a pedometer, to be worn both at home and at work for the duration of the competition. The AIR awarded a prize of a $400 AMF Bowling Centre voucher to the team with the highest number of steps from each state with AIR Branch representation. These teams and their scores were:

<table>
<thead>
<tr>
<th>Team</th>
<th>State</th>
<th>Total steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not Just Bunker Walkers</td>
<td>NSW</td>
<td>2,679,326</td>
</tr>
<tr>
<td>Sandy Rad's</td>
<td>Vic</td>
<td>2,494,878</td>
</tr>
<tr>
<td>Code Blue</td>
<td>SA</td>
<td>2,047,876</td>
</tr>
<tr>
<td>Tassie Tungsten</td>
<td>Tas</td>
<td>1,724,969</td>
</tr>
<tr>
<td>Get Your Gait On</td>
<td>WA</td>
<td>1,679,419</td>
</tr>
<tr>
<td>Philips - X-Rated</td>
<td>Qld</td>
<td>1,396,924</td>
</tr>
</tbody>
</table>

Congratulations to the winning teams and to all of the teams who participated in the inaugural NRRTW Walking Challenge. The AIR extends a big thank you for your participation, time, effort and support of the professions.

Though issues were experienced with some of the pedometers, the post event evaluation confirms the success of the programme, with participants enjoying the challenge and a significant increase in the amount of physical activity and walking undertaken.

Feedback

“I thought it was a great initiative as all ages and fitness level could participate – our highest step counter was a mum in her 50s with three teenage daughters.”

“People had a lot of fun competing with each other within the department. Thanks for organising the challenge!”

“My staff enjoyed the challenge – I think it created a bit of friendly rivalry. Other sites were interested in what we were doing, as where hospital staff.”

Taking on board team input, suggestions and feedback the AIR anticipates that the 2012 NRRTW Walking Challenge will be bigger and better with expected increases in team participation and healthy rivalry – we look forward to doing this with you again.

Peter Mac wins NRRTW promotion competition

As part of the NRRTW in 2011, the AIR ran a competition based on the best department promotion during the week. We received many great photos of morning teas, lunches, promotional stalls and staff parties all celebrating the week that brings all AIR members together around the nation.

The one stand out entry into this competition was without doubt the video entry from the department at Peter Mac in East Melbourne, created...
by Dave Willis, David Tongs and Tim Michael. This submission not only made the most of the medium of film, it also brought together staff from all of the professions that are celebrated during NRRTW. Add to this some topical lyrical genius by Dave Willis, catchy music by Tim Michael, outstanding video production by David Tongs and Dave Willis, and the best choreography/interpretive dance we have ever seen in this industry by the staff at Peter Mac and we had ourselves a winner.

In their own words this is “A musical celebration of National Radiographer and Radiation Therapist Week 2011.” Filmed largely during NRRTW at Peter Mac East Melbourne, this movie has been posted online for viewing by Peter Mac staff and members of AIR.

The Peter Mac entry has raised the bar for the NRRTW department promotion competition, so we look forward to seeing what the competition delivers in 2012 to celebrate the most significant week of the year for radiographers and radiation therapists.

To view the winning submission *The No Glow Song*, visit the secure members area at the AIR website https://member.air.asn.au where the video is available for your viewing pleasure.

Technical note: you will need a sound card, video player and a broadband internet connection to watch the video.

Facing page and above: Peter Mac’s music clip

Will you be working as a Diagnostic Radiographer Radiation Therapist or Nuclear Medicine Technologist on 1 July 2012?

For more Information please join us in ADELAIDE at the Royal Adelaide Hospital, North Terrace, Adelaide Saturday 25th February 2012 9am to 11am Light refreshments will be provided

Russell Strong Auditorium Princess Alexandra Hospital 199 Ipswich Road, Woolloongabba

Australian Institute of Radiography
Professional Accreditation & Education Committee Queensland Branch Presents

Breast 2012 Seminar
Saturday, 31 March 2012 8.00 for 8.30 start

Proposed topics include:
- Anatomy refresher
- Nipple Reconstruction & Tattooing
- Tomosynthesis
- Dense Breast imaging
- Sentinel Nodes
- Health Promotion for Breast Screen Qld
- Cancer Survivor journey
- Chemo-Hormone-Immunotherapy management