



How to Conduct a Pedometer Challenge

Make moving a fun activity! Challenge each other to reach 10,000 steps each day. Find ways to increase your pedometer count (without cheating!). Which team will take the most steps?

1. Form teams of equal numbers from existing work units, departments, or mix it up (alphabetically? by star sign?).
2. Elect a captain for each team.
3. Choose a day of the week to be 'Tally Day'.
4. Adapt the Team Tally sheet and display it in a central place (eg. kitchen / staff room).
5. Put your pedometer on and aim for 10,000 steps a day. Remember to wear your pedometer every day!
6. On Tally Day, report your weekly pedometer count to your team captain.
7. Captains should add up all team members' steps and fill in Team Tally sheet.
8. Reset your pedometer. Repeat!



<http://admin.victoriawalks.org.au/Assets/Files/Pedometer%20Challenge%20-%20Team%20Tally%20Sheet.doc>

Pedometers are available from sports stores, participating libraries or as an iPhone pedometer application (see www.10000steps.org.au/library/iphone/).

Tips

#1 Be inclusive

For staff who are less mobile due to injury or limited mobility, you can adapt the challenge by:

- Doubling their pedometer count;
- Starting at a higher count (eg. adding 4000 to their daily pedometer count); or
- Counting odometer readings for someone using a wheelchair.

#2 Reward yourselves

Ask your employer to contribute prizes, resources or other ways to recognise staff health and well-being. Rewards can be big or small, but must be aimed at recognising teams rather than individuals.

#3 Charity challenge

Make your pedometer challenge really count! All participants can contribute an amount of money (consider asking your employer to match this or double it). The winning team can donate the money raised to a charity of their choice.

#4 Celebrate small steps

It's not all about winning the top prize. How about some other categories for rewards:

- Pocket Rockets - Team with highest score each month
- Steady Achievers - Team with highest average over 3 months
- Leaps & Bounds - Team with biggest improvement over 3 months
- Keen Beans - Most enthusiastic team
- Could've Beens - Most creative excuses

Resources

Why be active at work?

www.bristol.ac.uk/news/2008/6063.html

www.beactive.com.au/workplace.html

Why 10,000 steps a day?

www.abc.net.au/health/thepulse/stories/2007/11/29/2104899.htm

Free online log, info and tips

www.10000steps.org.au/library/

Video inspiration

www.youtube.com/watch?v=v23iLRkWHuc&feature=player_embedded

Why use pedometers?

<http://walking.about.com/od/measure/a/pedometer0405.htm>

Pedometer FAQs

www.gettheworldmoving.com/whythegccworks/pedometerfaqs.aspx

More about team challenges

www.bhf.org.uk/Thinkfit/getting_active_at_work/active_at_work_challenges/pedometer_challenge.aspx