

PEDOMETER CHALLENGE 2011

Wednesday 14th September - Tuesday 11th October

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How to increase your step count

- >> Take the stairs not the lift
- >> Get off the bus one or two stops earlier
- >> Walk to or from work when you can
- >> Walk around when you're talking on your mobile phone
- >> Park your car at the farthest end of the car park
- >> Go walking at lunchtime

GETTING STARTED

How do I take part?

Get together with your workmates to form a team of 3-6 people. Give your team a name and nominate a Team Captain. Your Team Captain will be the main point of contact for your team. Team Captains can then:

1. Register the team online, see www.pedometerchallenge.ie (Only the Team Captain needs to register)
2. Purchase pedometers through the challenge website using PayPal
3. Present PayPal receipts to your Company Coordinator in exchange for pedometers and step logs
4. Log steps online on behalf of the team throughout the challenge

How do I log my steps?

Wear your pedometer on your waistband, in line with the middle of your foot. As you walk, the pedometer will count your steps. Keep a record of your steps on a daily basis on the back of this sheet.

Team Captains can then log their team's step counts online on a daily or weekly basis, and can 'back log' steps for up to one week.

The Leader Board will be updated at the end of Week 1, 2 and 3, and mid-week in Week 2 and Week 3, so be sure to get your totals in to see how you're doing!

Team Captains can download an Excel sheet from the Challenge website to keep a note of running totals during the event (see 'How to Log Steps' page on www.pedometerchallenge.ie).

What targets should I aim for?

Researchers have recommended 10,000 steps (or approximately 5 miles) per day for overall good health and well-being.


Calculate your average steps per day in Week 1 and aim to gradually increase that over the four week Challenge.

Remember to start small and aim to build up to 10,000 steps bit by bit. If you are very inactive, have a health problem, or are worried about any aspect of your health, you should consult your doctor before undertaking this challenge.

Personal Targets:


Aim to increase your step count bit by bit over the course of the challenge. You and your team can also aim to 'climb' some well-known mountains.

Week 1
Mt Kilimanjaro, Tanzania




19,450ft high
45,708 STEPS

Week 2
K2, Himalayas



28,251ft high
66,390 STEPS

Week 3
Mount Everest, Nepal



29,035ft high
68,232 STEPS

Week 4
11 of Ireland's Tallest Mountains including:

- Carrantouhill
- Mount Brandon
- Lugnaquilla
- Galtymore
- Slieve Donard
- Mullaghcleevaun
- Mangerton
- Mweelrea
- Nephin
- Mount Leinster
- Comeragh Mountains

31,495 high
74,013 STEPS

Is this challenge just about walking to work?

No, walking anywhere, anytime will count. Walking all or part of the way to work is a great way to increase your steps and reduce your personal and environmental travel costs, but you can also include walking at lunchtime or around the office, using the stairs instead of the lift, etc.

Activities such as cycling or pilates can also be included, **but gym-based activities cannot be counted**. Use the following conversion table to estimate your steps for any activity where the pedometer will not work (e.g. cycling or swimming).

Other FAQs are answered on www.pedometerchallenge.ie

10 MINUTES of moderate intensity exercise

(causes slight but noticeable increase in breathing and heart rate, but you can still maintain a conversation)

1,000 Steps

Sample activity: brisk walking, swimming, cycling, horse riding, dancing, active gardening

10 MINUTES of high intensity activity

(makes you 'huff and puff' and taking a full breath between sentences is difficult)

2,000 Steps

Sample activity: aerobics, fast cycling, jogging, football, squash, netball

Údarás
Náisiúnta Iompair
National Transport Authority

IRISH HEART FOUNDATION
Fighting Heart Disease & Stroke



Register, log steps and view the Leader Board at www.pedometerchallenge.ie

STEP LOG

Week 1	Wed 14th Sept	Thurs 15th Sept	Fri 16th Sept	Sat 17th Sept	Sun 18th Sept	Mon 19th Sept	Tues 20th Sept	Week 1:
Steps Per Day								
Week 2	Wed 21st Sept	Thurs 22nd Sept	Fri 23rd Sept	Sat 24th Sept	Sun 25th Sept	Mon 26th Sept	Tues 27th Sept	Week 2:
Steps Per Day								
							Increase in step count compared to Week 1:	
Week 3	Wed 28th Sept	Thurs 29th Sept	Fri 30th Sept	Sat 1st Oct	Sun 2nd Oct	Mon 3rd Oct	Tues 4th Oct	Week 3:
Steps Per Day								
							Increase in step count compared to Week 2:	
Week 4	Wed 5th Oct	Thurs 6th Oct	Fri 7th Oct	Sat 8th Oct	Sun 9th Oct	Mon 10th Oct	Tues 11th Oct	Week 4:
Steps Per Day								
							Increase in step count compared to Week 3:	

Week 1 ended! Be sure to give your step counts to your Team Captain so they can log them online & you can see how your team is doing!

End of Week 2! Time to log your steps!

The start of the final week! Can you top your previous weeks' total steps?

Well done! You've made it to the end of the four week challenge!*

Register, log steps and view the Leader Board on www.pedometerchallenge.ie
Email queries to pedometerchallenge@smartertravelworkplaces.ie

Participant Name:

Team Name:

Team Captain:

Monthly Total: