

Think fit!
Pedometer
challenge

Pedometer challenge

What is the challenge goal?

On average, people take between 3,000 and 5,000 steps a day. But this isn't enough. It is recommended that people should walk 10,000 steps a day to achieve the health benefits associated with physical activity.

The goal of the *Pedometer challenge* is for each participant to walk 10,000 steps a day.

Challenge details

The challenge can be done as an individual pedometer challenge, or as a team virtual walk challenge.

Individual pedometer challenge

Individuals set their own walking goals based on the amount of walking they are currently doing, and build up to the goal of 10,000 steps a day.

Team virtual walk challenge

Teams are formed and work together to complete a virtual walk over a period of 4 or 8 or 12 weeks. The number of steps given for the three challenges below are based on each team having 10 members, with each team member achieving 10,000 steps a day.

Each virtual walk challenge has a set number of miles or kilometres. All you need to do is be creative and plan a route for each challenge. This can be specific to your area or country, or you can be ambitious and create a world journey.

- *For a 4-week challenge* – 2.8 million steps, route A to B (about 1,400 miles)
- *For an 8-week challenge* – 5.6 million steps, route A to C (about 2,800 miles)
- *For a 12-week challenge* – 8.4 million steps, route A to D (about 4,200 miles)

Team members record the number of steps they walk in a week and combine their totals.

There should be a visual display of the running total so that teams can track their progress.

Pedometers

Each participant will need to use a pedometer to count the number of steps they take each day in order to see if they are reaching their goal. A pedometer is fun to use.

The number of employees and resources you have will determine whether you:

- provide free or subsidised pedometers as an incentive to taking part in the challenge
- charge a registration fee to cover all or part of the cost of the pedometers
- create a pedometer library, where you loan pedometers to employees over a set time period
- ask employees to buy pedometers either from the workplace or elsewhere.

Roles and responsibilities

The challenge champion

The challenge champion organises the challenge and then, once it is in place, provides the drive and motivation to help participants and team captains meet the goals of the challenge.

Participants

Participants challenge themselves and/or work with team-mates to complete one of the challenges. Each participant records his or her daily step count, adds up the total for the week and hands their weekly step count in to the team captain.

Team captains

If you are running this challenge as a team challenge, you may find it helps to have team captains. The team captains provide their team with leadership, encouragement and enthusiasm. Their role is to monitor their team's progress by recording weekly step count totals on the challenge map.

How to start the challenge

For general information on how to set up an activity challenge, see *A guide to setting up an activity challenge* on page 74 of the *Think fit!* book (also available from bhf.org.uk/thinkfit).

Decide on the details of your *Pedometer challenge* – which distances and which routes you are setting as the challenge.

Give each participant a copy of *Pedometer challenge: A guide for participants* (available from bhf.org.uk/thinkfit). This also contains extra information for team captains.

