

# Pedometer Challenge

## The rules

MISSION VERY POSSIBLE!

- The pedometer challenge is from **Monday to Sunday**, inclusive. You can use your pedometer before and after the challenge. However, any data recorded outside the dates of the challenge cannot be added to the competition. The last day for recording steps is **Sunday**.
- Teams consist of five people. All team members must be employed by **the same organisation**.
- Start recording the number of steps on the Individual step count sheet from the morning of **Monday**.
- The pedometer should be worn all day, every day, including weekends. We recommend that each participant has a record sheet to be completed just before going to bed every night as each individual is responsible for recording their steps.
- The pedometer should not be used if going swimming. The pedometer can be worn when cycling, jogging, playing football and doing other physical activities.
- If someone forgets to record their number of steps, the average number of steps taken by that person can be added to your team total for that week.
- This competition relies on complete honesty so please act in good faith.
- There are **three categories** to compete in and a team cannot win more than one category.
- If a team member loses their pedometer they will have to purchase a new one.
- The results and winners will be announced on **Monday**.
- **There is no prize**.



HEALTH  
AT WORK

# Pedometer Challenge

## Safety tips

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POSSIBLE!

- Choose comfortable, supportive shoes such as running, walking or cross-training shoes.
- If you're going for a longer walk, warm up with stretching exercises and include a cool-down period to reduce stress on your heart and muscles.
- Maintain a brisk pace. You should work hard to keep up your pace, but still be able to talk while walking.
- Practise correct posture – head upright, arms bent at the elbow and swinging as you stride.
- Drink plenty of water before, during and after walking.
- Tell others if you're walking alone.
- Walk in well-lit areas where it is fairly busy (streets and parks).
- Be careful of traffic.
- Wear reflective clothing in the dark.

Walking maps