

WORKPLACE **wellness**

A healthy workplace is a great investment

Workplace Pedometer Challenge Toolkit

COMPANY:

REPRESENTATIVE:

DATE:





INTRODUCTION

Walking is a physical activity enjoyed by approximately 70 per-cent of Canadians. Those who walk on a regular basis have increased muscle strength and flexibility, fitness and energy levels as well as improved mental health and well being. Walking also reduces risk of developing chronic diseases such as heart disease and stroke, type II diabetes, osteoporosis and some cancers.

Implementing a pedometer challenge in the workplace is a great way to raise awareness of the benefits of regular physical activity and promote healthy active living among employees.

Workplaces with active employees have a reduced level of absenteeism, injuries, turnover, disability compensation and health and benefit costs. Employees who have opportunities to be active at work experience improved morale, job satisfaction, ability to cope with stress and increased productivity and effectiveness at work.

The [Canadian Physical Activity Guidelines](#) recommends that adults accumulate at least 150 minutes of moderate to vigorous intensity physical activity a week, in bouts of 10 minutes or more. Walking is a great way to meet this goal! Health professionals recommend walking at least 10,000 steps a day to achieve health benefits.

A workplace pedometer challenge encourages and motivates employees to move towards better health. Benefits include:

- Creating a team-oriented atmosphere with fun, friendly competition
- Potentially reach a large number of staff
- An activity that can be done anywhere and enjoyed by anyone
- Participants are able to see how many steps they've taken and can work toward increasing their step count
- Inexpensive and easy to implement with measurable achievements

ABOUT PEDOMETERS

A pedometer is a small device that measures the number of steps you take in any physical activity that involves hip movement. Simple pedometers only measure the number of steps taken while more expensive models can also calculate calories burned, distance travelled, etc. All of them can help you set your step goals and increase your step count. The more steps you take, the more health benefits you will receive. Aim for 10,000 steps a day.

Pedometers

- Record a step each time the hip moves up and down
- Measure other physical movement such as cycling, running or bending to tie your shoes
- Do not measure the intensity of the activity
- Should not be shaken as this may alter the step count while dropping it may break the device

Wearing a Pedometer

- Wear the pedometer on the waistband in a vertical position as close to the top of the hip bone as possible and in line with the knee cap
- Secure the pedometer on the waistband with the strap and keep the cover closed as it will not record when opened
- If you are unable to wear the pedometer in an upright position, consider wearing it on the side or back of a waistband or front pants/skirt/shorts pocket below the waistband. [Test the step count](#) to ensure accuracy
- Avoid using the pedometer in areas of excessive humidity such as a sauna — do not get the pedometer wet

Purchasing a Pedometer

- Buy a pedometer that sits comfortable on the waistband, is easy to use and has a protective cover to avoid resetting the steps while walking

PEDOMETER CHALLENGE: GUIDELINES FOR CO-ORDINATORS

The following three checklists: *Before the Pedometer Challenge*, *During the Pedometer Challenge* and *After the Pedometer Challenge*, can help any co-ordinator organize a successful workplace pedometer challenge.

Before the Pedometer Challenge:

- Decide when the pedometer challenge is to be held and for how long
- Obtain pedometers: loan them from Active Healthy Communities — Workplace Wellness or purchase own
- If possible, obtain a budget to purchase incentives
- Decide on a deadline for registration
- Have registration form (see Resources section) available for people to register
- Promote the challenge using posters, intranet, email, voice mail, etc. (see Resources section for samples)
- As participants sign up, provide each with a pedometer, information sheets and *Daily Walking Log Sheet*
- Remind participants of the start date of the challenge, proper pedometer use, logging steps each day and resetting the step count on the pedometer at the end of each day

During the Pedometer Challenge:

- As the pedometer challenge goes into full swing, encourage the participants regularly and be available to answer questions or address concerns
- Midway through the challenge, provide further encouragement to participants by summarizing collective steps count, sharing personal experiences and stories or organize a prize draw, etc.
- Remind participants to complete the *Daily Walking Log Sheet* each day
- As the challenge comes to an end, remind participants to hand in the *Daily Walking Log Sheet* and pedometers
- Provide participants with an evaluation form to provide feedback on their experiences and to gather information for future planning

After the Pedometer Challenge:

- Review the *Daily Walking Log Sheet(s)* and select the top three individuals with the highest step count. Acknowledge them or provide them with awards. Consider converting steps to kilometres to see how far the group collectively walked
- Summarize evaluations and have a formal announcement and celebration to recognize all participants and close the challenge

PEDOMETER CHALLENGE: GUIDELINES FOR PARTICIPANTS

Participating in a workplace **pedometer challenge** is easy, but every participant has a few more responsibilities than just walking! For health benefits and to help ensure a successful event:

- Register for the challenge and be responsible for your pedometer
- Wear the pedometer for the duration of the challenge. Clip it onto the waistband of your pants/skirt/shorts. Be aware that on some pedometers the clips are delicate and should never be forced over a belt as this could result in breakage
- Make sure that the pedometer is in a vertical position, sitting just above your hip bone and secured with the strap to the belt loop, belt or waistband to prevent it from falling off
- Reset the pedometer each morning to track steps for the day
- Log your steps at the end of each day on the *Daily Walking Log Sheet*. Set goals to increase your step count
- Total your steps for the week and submit your *Daily Walking Log Sheet* to the pedometer challenge co-ordinator
- Complete the evaluation and hand in to the co-ordinator
- Return the pedometer, if on loan

PEDOMETER CHALLENGE: RESOURCES

There are a number of resources that, when used, can help ensure a successful pedometer challenge. Included in this section are:

Pedometer Challenge: Registration Form

Pedometer Challenge: Sample Email

Pedometer Challenge: Sample Poster

Pedometer Challenge: Comparison Charts

Steps — Sports and Daily Activities

Steps — Category Classification

Steps — Health Benefits

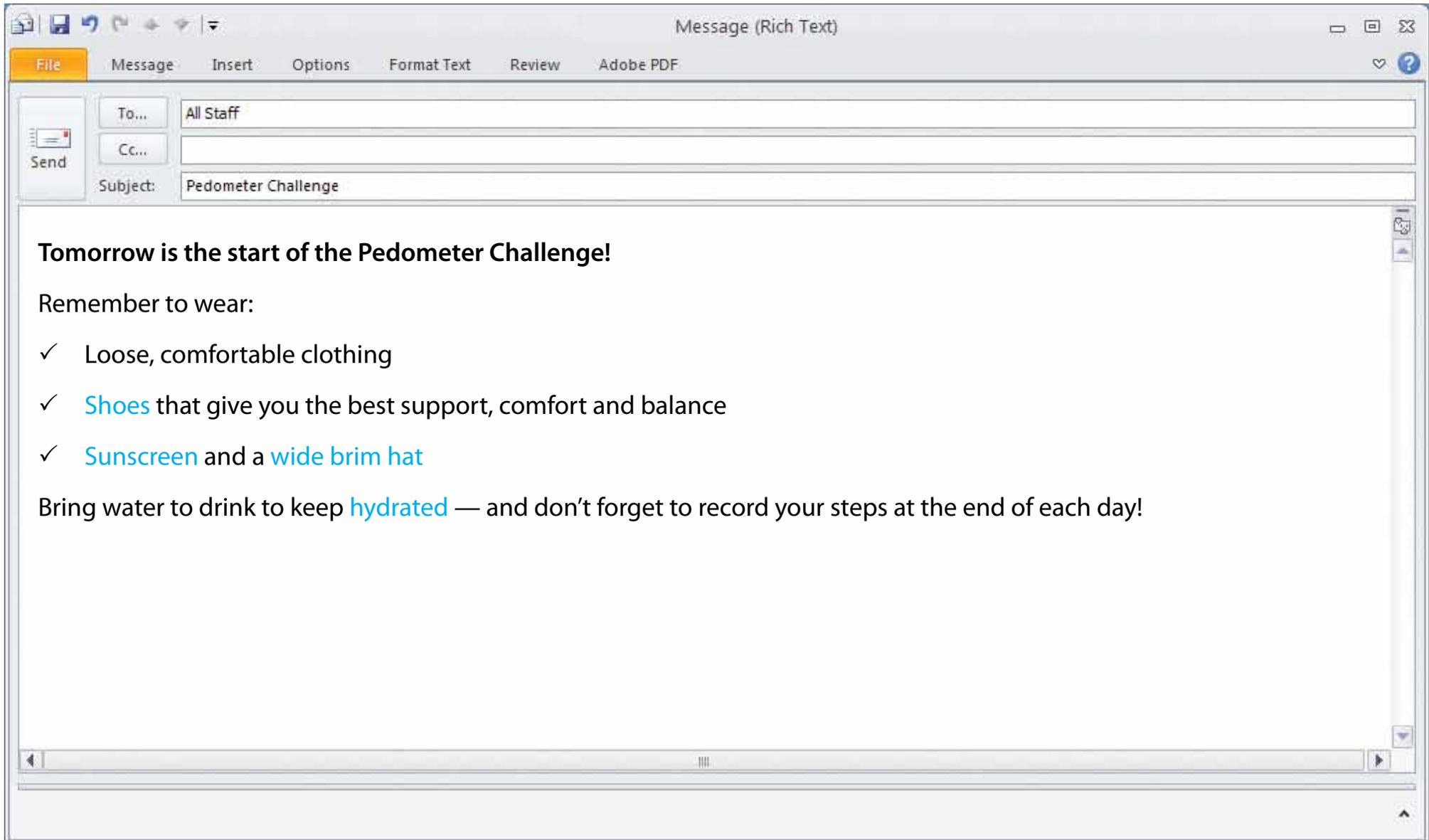
Steps — Distance (Kilometers/Miles) Conversion

Walking Time — Distance Walked

Pedometer Challenge: Daily Walking Log Sheet

Pedometer Challenge: Participant Evaluation

Pedometer Challenge: Sample Email



Pedometer Challenge: Sample Poster

Pedometer Challenge



- ▶ Walking is a gentle activity that you can do at your own pace
- ▶ Done regularly, walking can strengthen your heart and lungs, improve circulation and help to maintain a healthy weight
- ▶ Walking also tones your muscles and keeps your bones strong

So grab a pedometer and walk your way to health!

Challenge runs from:

To register please see:

For more information,
please contact:

Registration deadline is:



0900 11 2012

Pedometer Challenge: Comparison Charts

Steps — Sports and Daily Activities

WHAT DO OTHER ACTIVITIES = IN STEPS?

Sport Activity	Steps/minute
Badminton - recreational	131
Baseball	130
Basketball - game	145
Bicycling – easy pace	130
Bowling	71
Dancing	109
Elliptical trainer	203
Hiking	172
Hockey	240
Skiing	109
Snowboarding	182
Soccer – recreational	181
Swimming – leisure	174
Trampoline	90
Weight lifting	67
Yoga	45

Household Activity	Steps/minute
Home/Auto repair	91
Backpacking	181
Children's playground game	136
Fishing	91
Gardening	80
Lawn mowing	120
Mopping	60
Painting a room	78
Raking leaves	121
Scrubbing floors	71
Snow shovelling	145
Vacuuming	94
Washing a car	71
Wii/PS3 – electronic sports	91
Wii Bowling	61
Yard work	89

Source:

<http://www.purdue.edu/walktothemoon/activities.html>

Pedometer Challenge: Comparison Charts Steps — Category Classification

WHICH STEPPING CATEGORY ARE YOU IN?

Steps per day	Classification
Under 5,000	Sedentary
5,000 – 7,499	Low active
7,500 – 9,999	Somewhat active
Greater than or equal to 10,000	Active
Greater than 12,500	Highly active

Source:

<http://www.ncbi.nlm.nih.gov/pubmed/14715035>

Pedometer Challenge: Comparison Charts Steps — Health Benefits

STEP IT UP FOR YOUR HEALTH

Health Benefits	Number of Steps
For long term health and to reduce the risk for developing chronic diseases	10,000 steps a day
For successful sustained weight loss	12,000 to 15, 000 steps a day
To be fit	3,000 or more of your daily steps at a brisk pace

Sources:

<http://walkbc.ca/pedometers>

<http://www.stepscount.com/pedometer-resources/pr-aap-using-your-step-count.php>

Pedometer Challenge: Comparison Charts

Steps — Distance (Kilometers/Miles) Conversion

STEPS TO DISTANCE CONVERSION

Steps	Kilometers	Miles
500	0.40	0.25
1,000	0.80	0.50
2,000	1.61	1.00
3,000	2.41	1.50
4,000	3.22	2.00
5,000	4.02	2.50
6,000	4.83	3.00
7,000	5.63	3.50
8,000	6.44	4.00
9,000	7.24	4.50
10,000	8.05	5.00

10, 000 steps:

- Is equivalent to 8 kilometer or 5 miles
- Should take about 1 hour and 40 minutes to walk
- Burns 2, 000 to 3, 500 calories per week
- Is achievable

Sources:

http://www.uwyo.edu/wintherockies_edur/win%20steps/coordinator%20info/step%20conversions.pdf

<http://www.10000steps.org.au/library/pa-t/>

<http://www.stepscount.com/pedometer-resources/pr-aap-using-your-stepsCount.php>

<http://www.healthylivingmagazine.ca/10000-steps>

Pedometer Challenge: Comparison Charts

Walking Time — Distance Walked

TRACKING TIME AND DISTANCE WALKED

Walking Pace	Time Walked		
	10 min.	20 min.	30 min.
Stroll	0.6 km	1.2 km	1.8 km
Medium	0.9 km	1.8 km	2.7 km
Brisk	1.1 km	2.2 km	3.3 km

Source:

National Heart Foundation of Australia, Making every step count (2009)

Pedometer Challenge: Daily Walking Log Sheet

Remember to wear ...

- ✓ Loose, comfortable clothing
- ✓ [Shoes](#) that give you the best support, comfort and balance
- ✓ [Sunscreen](#) and a [wide brim hat](#)

	Your Daily Stepping Goal	Your Number of Steps Achieved
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Grand Total for the Week		
Name:		

Pedometer Challenge: Participant Evaluation

Please complete this evaluation by checking off the appropriate boxes. Data collected will provide information regarding the effectiveness of the pedometer challenge and will help inform future programs that meet your needs.

Gender: Male Female

1. Overall, how would you rate the Pedometer Challenge experience?

Excellent Good Satisfactory Poor

2. Did the Pedometer Challenge motivate you to be more physically active?

Yes No Unsure

3. Prior to the Pedometer Challenge, how often did you spend at least 30 minutes being physically active?

Never

Less than once a week

1 or 2 times a week

3 to 5 times a week

More than 5 times a week

4. What I enjoyed most about the Pedometer Challenge:

5. Suggestions to improve the Pedometer Challenge:

6. After the Pedometer Challenge, do you plan to continue being active for at least 30 minutes a day?

Yes No Unsure

7. Additional comments:

Thank you for your participation!

AFTERWORD

Creating a supportive environment to sustain physical activity

Since over 15 million Canadians spend one half of their waking hours at work and the majority of this time is spent being sedentary, the workplace is an ideal setting to promote physical activity to adults. Business leaders have a unique opportunity to nurture an environment that supports active living which can benefit their businesses and their employees.

A variety of communication can be utilized to raise awareness about the importance of physical activity within the workplace. Here are a few:

- Develop a policy on physical activity for the workplace
- Post physical activity messages in visible locations such as the intranet, workplace cafeteria or lunch room, bulletin boards, locker rooms, in front of elevators, etc. and encourage [stair use](#) through signage
- Incorporate physical activity messages into workplace wellness programs
- Hold [physical activity challenges](#) such as the pedometer challenge or the physical activity counts challenge

- Provide employees with easy access to information and education on a wide variety of health and wellness topics: invite guest speakers to provide educational sessions on nutrition, physical activity, early detection of cancer, etc.
- Provide information on local opportunities for employees to be active: include maps of local walking trails ([Take a Hike](#), [Take a Walk in the Forest](#)), information on sport and leisure facilities, classes and clubs, local community physical activity opportunities such as Heart & Stroke Big Bike, Ride for Heart, etc., Bike to Work day, etc.
- Foster partnerships with employees, employee associations and unions to develop active living strategies and initiatives. Corporate initiatives are more likely to succeed when there is senior management support and when there is representation from various levels of the organization

PEDOMETER CHALLENGE: REFERENCES

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The National Centre for Biotechnology Information. (2004). *How many steps/day are enough? Preliminary pedometer indices for public health*. Retrieved June 7, 2012, from <http://www.ncbi.nlm.nih.gov/pubmed/14715035>

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Heart Foundation. (2009). *Walking – making every step count*. Retrieved from <http://www.heartfoundation.org.au/SiteCollectionDocuments/HFW-Make-Every-Step-Count.pdf>

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