



# INFORMATION PACK

10,000 STEPS CHALLENGE

CONGRATULATIONS  
AND WELL DONE  
FOR TAKING UP THE  
CHALLENGE!



SEE YOUR HEALTH, ENERGY AND VITALITY SOAR AND GET A RENEWED ZEST FOR LIFE!



# HOW THE CHALLENGE WORKS

This challenge is about moving more each day and tracking the number of steps you take using a pedometer or activity tracker. The goal is 10,000 steps a day, or about five miles. Most people take between 6,000 and 7,000 steps a day even if they don't exercise. There's evidence that pedometer users walk more than 2,000 additional steps each day than non-users, even if they don't have a formal exercise programme.

## Tracking your activity

There are many ways to track activity ranging from a simple pedometer, wearable technology, mobile phone apps or high tech wristbands. You can choose how you track your activity.

## Our challenge is simple

- Register as an individual or team of up to 5 people
- Record your daily activity level in steps
- At the end of each week enter the total number of steps that you have earned that week. (if part of a team your team manager will do this)

# WHAT YOU SHOULD BE AIMING TO DO?

Accumulate at least 10,000 steps per day using a pedometer or activity tracker

## Pedometers

- A pedometer is a small digital application that you clip to your belt. You just have to enter some straightforward information about the length of your stride and then the pedometer records the number of steps you take each day.
- Wearing a pedometer will help motivate you to slowly increase the number of steps you take. The recommended guidelines are that you should be taking a minimum of 10,000 steps per day.



# IDEAS TO YOU GET MOVING!

- Try to minimise the amount of time spent being sedentary (sitting) for extended periods.
- Have a clear idea of: how much exercise you aim to do, what sort of activities you will do & how to get started
- Put your weekly chart somewhere where you will see it, e.g. on the fridge.
- Mix up activities - each has its own benefits.
- Do activities that you enjoy & are easy to get to.
- Exercise in a group, with a buddy or the family. Get others to help & encourage you.
- Drive less, walk/cycle more, exercise whilst watching TV, and take the stairs, not the lift.
- Complement exercise with a healthy diet & plenty of water.
- Be prepared – for those times you fancy exercise. E.g. keep trainers in your desk/car.



# WALKING PROGRAMMES FOR YOU TO FOLLOW

## BEGINNERS WALKING PROGRAMME

Week	Distance (Km)	Approximate time target mins /seconds				Frequency per week
		Age				
		Under 30	30-39	40-49	50+	
1	2	30:00	30:00	31:00	31:30	3 to 5
2	2.5	36:30	37:00	37:30	38:00	3 to 5
3	2.5	36:00	36:30	37:00	37:00	3 to 5
4	2.5	35:30	36:00	36:30	37:00	3 to 5

## INTERMEDIATE WALKING PROGRAMME

Week	Distance (Km)	Approximate time target mins /seconds				Frequency per week
		Age				
		Under 30	30-39	40-49	50+	
1	2	25:30	26:30	27:30	28:30	3 to 5
2	3	41:00	42:00	43:00	44:00	3 to 5
3	3	40:00	41:00	42:00	43:00	3 to 5
4	4	54:00	55:00	56:00	57:00	3 to 5

# JOGGING PROGRAMMES FOR YOU TO FOLLOW

## BEGINNERS JOGGING PROGRAMME

Week	Distance (Km)	Approximate time target mins /seconds				Frequency per week
		Age				
		Under 30	30-39	40-49	50+	
1	1.5	16:30	17:30	18:30	19:30	3 to 5
2	1.5	15:00	16:00	17:00	18:00	3 to 5
3	2.0	18:00	19:30	20:00	21:30	3 to 5
4	2.0	17:00	18:00	19:00	20:00	3 to 5

## INTERMEDIATE JOGGING PROGRAMME

Week	Distance (Km)	Approximate time target mins /seconds				Frequency per week
		Age				
		Under 30	30-39	40-49	50+	
1	3	24:00	25:00	26:00	27:00	3 to 5
2	3	23:00	24:00	25:00	26:00	3 to 5
3	3	22:00	23:00	24:00	25:00	3 to 5
4	4	30:00	31:00	32:00	33:00	3 to 5



# GET EVERYONE INVOLVED

- Limit everyone's non-active time to less than 30 minutes per day.
- Make outdoor activity a house rule and "set house goals".
- Plan ahead - sit down as a family and plan the week ahead.
- Be creative when choosing activities. Play fast-moving action games like tag etc and explore opportunities your community offers - walk/runs make great family outings. Plan family holidays around hiking, skiing or camping. Take along a ball or Frisbee for rest stops.
- Create a reward system — gold stars for every activity completed. Track progress toward goals on colourful refrigerator charts.
- Choose an "activity of the week".



# PLAN ACTIVITIES IN ADVANCE

Plan your week ahead and book exercise sessions into your diary.

- Park your car further away in the car park
- Get off the bus a stop earlier
- Use the stairs rather than the lift
- Take a walking break instead of a coffee break

If you've been doing exercises that you really don't enjoy, you're likely to quit. Make sure you find an exercise or activity that you like – one that fits your personality or needs.

Consider when and how you exercise (e.g. early morning vs. night time workouts, or individual vs. group activity). Don't be scared to try different activities – varying what you do helps maintain interest and motivation.



GOOD LUCK ON  
THE CHALLENGE

