



SASP Workplace Pedometer Challenge January 2017

We are delighted to announce that we will be launching another Workplace Pedometer Challenge for the month of January 2017, perfect timing for working off the excess' of the Festive period and fulfilling those New Year's Resolutions. Each participant will receive a free Pedometer and will be expected to log their activity on our own Zingsomerset Activity Tracker.

Each Workplace will need a "coordinator" who will register their workplace for the Challenge by emailing Stewart Collins at scollins@sasp.co.uk . If necessary I will then set up a Workplace team on the www.zingsomerset.co.uk website.

Participants will then need to register on the www.zingsomerset.co.uk site and join their workplace team (it really does only take 30 seconds!). If a business wished to run it's own internal challenge (inter departmental, inter branch etc) alongside this challenge this is simple as a participant can be in more than one team. If you require departmental teams as well, let me know and I will organise them.

The deadline for registration will be **Friday 16th December**. I will then deliver the required number of Pedometers to the coordinator ready for use on the 1st January. Participants can then start logging their activity either on a daily or weekly basis. Only people registered to the team will be eligible for a free pedometer and the number delivered will reflect this! *We are a charity with a relatively limited budget, where people intend using their own fitbit, smartphone or similar device we may be grateful if they did not claim their free pedometer!* Following the challenge participants may keep their Pedometer both for personal use and ready for future challenges, however participants who do not log any activity will be required to return their device (we assume this will not be a necessary sanction!)

A trophy will be awarded for the top workplace (based on average no of steps per participant) and random individual spot prizes will be awarded just for logging steps.

For any questions or further information please feel free to contact the Adult Participation Manager, Stewart Collins on scollins@sasp.co.uk or phone 01823 653990

How can I build my “Step Count”?

It may be much easier than you think! A few helpful ideas!

10,000 Steps a day is a target recognised by Health professionals as where the significant benefits begin.

10,000 Steps a day is a target most people can achieve whatever the start point simply by adjusting rather than changing their routine. **It may be unrealistic to immediately go to 10,000 and it is important to build your total gradually and systematically.** The Activity Log will help you do this

Park on the edge of town and walk in – save on the parking fees!

Park in the furthest corner of the Supermarket Car Park

Take a Neighbour’s dog for a walk

Better still, buy or rescue a dog

Walk your child to school rather than take the car

Take a walk break instead of a lunch break

Take the stairs in preference to a lift or escalator

When in the office walk to a colleague and talk rather than email them

Greet people at the door rather than just “buzz them in”

Make a point of speaking to every member of the office each day

Make everyone a cup of tea and take it to their desk

Have a meeting whilst walking rather than sitting at a desk

Get off the bus a stop early

Before every journey ask yourself “is the car really necessary?” **It is often quicker, usually cheaper and always healthier to walk!**

