Activity 1 – Starting up a Walking Challenge in your Workplace

What you will need

* a coordinator
* A tracking poster (so everyone can see each other’s progress)
* Personal tracking sheets
* Pedometers
* Incentive prizes (weekly or biweekly, and a grand prize)

A walking challenge can be at easy or as complex as you want it to be.

1. Decide on how long you want the walking challenge to last – 8-12 weeks is a good range.

2. Advertise (link- see sample poster) and ask people to sign up through you. A good way to encourage people to sign up is to offer them a free good quality pedometer for participating, but these can run $10-$15 each. Most smartphones are equipped with decent pedometers, and of course many people have fitbits nowadays.

3. Put posters up in a high traffic area, and write everyone’s name down. Also write the week range on each of the columns.

4. The day before the challenge starts, send the instructions out (link -see sample instructions).

5. Be consistent and stick with it the full length of time. Keep other people motivated by sending weekly encouragers and email or post information about the benefits of walking and how to get more steps into your day (link- see additional resources). Also make sure to draw the weekly prizes – people are only eligible to be entered for a draw if they have submitted their weekly totals.

<http://www.ontherightpath.ca/>