

# STEP IT UP CHALLENGE

## INSTRUCTIONS

### NEED A LITTLE MOTIVATION TO START EXERCISING OR "STEP UP" YOUR CURRENT ROUTINE?

#### *Welcome to the Step It Up Challenge!*

The goal of this challenge is to encourage employees to focus on incorporating physical activity into the workday and leisure time in the simplest way possible. Challenge yourself to get healthy and active with an easy, lifestyle changing first STEP.

### CHALLENGE INSTRUCTIONS:

#### 1. CHOOSE YOUR DATES:

We recommend a one-month challenge, but you may vote for 2 weeks. Choose your dates and add them onto the poster.

#### 2. TEAM OR INDIVIDUAL REGISTRATION:

Teams or individuals can register on the sign-up sheets OR by emailing the team challenge organizer. We recommend a team of 5-10 people, but this number can change depending on your organization and the number of participants. If so, designate your team captains. You can even run the challenge without teams and have individuals competing against each other. Add the registration information to the poster.

#### 3. GET THE WORD OUT

Whether it's intranet, email, department meetings, or posters, decide what will work best in your organization to ensure optimal communication.

#### 4. REVIEW THE USE OF PEDOMETERS OR DEVICES:

The best method to track steps for this challenge is by using a pedometer, Fitbit, fitness tracker, smartwatch or an app of choice. These are great motivational tools for tracking activities that involve steps such as walking, stair climbing, jogging, and hiking. Pedometers are generally low cost and available at Walmart, Canadian Tire, Sport Chek and other sports stores, and can also be borrowed from a local library.

#### 5. GET THE SCORECARDS TO PARTICIPANTS:

You may also wish to use the digital scorecards. Simply email the employees and team captains for easy tallying!

#### 6. TALLY SCORES:

Team captains will gather the scorecards to tabulate current totals and submit the accumulated totals to the team challenge organizer. A "Step It Up Challenge Results Board" is included as a visual display of team progress and competition results. Each team captain will choose a coloured "running shoe" marker to represent their team. The team challenge organizer will record the team name on the running shoe along with the weekly accumulated number of steps each team has achieved and place it on the "Step It Up Challenge Results Board" according to standing. For example: If 5,000 steps are achieved in week 1, and 2,000 steps achieved in week 2, the recorded total on the week 2 running shoe marker should reflect the 7,000 steps accumulated so far in the challenge. Repeat for each week of the competition.

#### 7. BIG FINALE:

Gather the final scorecards, tabulate the scores, and announce the winners!

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## INDIVIDUAL SCORING

At the end of each day, employees review their steps, indicate their steps on the scorecard provided and submit to their team captain weekly. They may also use the digital version!

## PRIZES

Prizes are most impactful towards behaviour change when participants are not motivated by knowledge of what or how many prizes there are. This method optimizes motivation to be around the challenge itself and its associated behaviours. Your organization may decide to reward the winning team(s) and/or individuals. In the case of a tie, you can provide a prize to both participants or do a draw.

## TEAM SCORING

The team captain will add up all the scorecards for their team and submit their accumulated total to the assigned team challenge organizer. Each week the team challenge organizer will then record the team's total accumulated steps on their team "running shoe" marker and place it on the "Step It Up Challenge Results Board" according to standing.



## SOME EXAMPLES OF PRIZES INCLUDE:

- ✓ Company bling
- ✓ Books
- ✓ Towels or gym bags
- ✓ Gift cards
- ✓ Catered lunch for a team
- ✓ Beverage containers (stainless steel water bottles\ travel mugs)
- ✓ Magazine subscriptions
- ✓ Lunch bags
- ✓ Wick-away T-shirts
- ✓ Athletic socks
- ✓ Journals for physical or mental health
- ✓ Massage / spa gift certificates
- ✓ Small things like granola bars or protein bars, tea
- ✓ Passes to recreational activities (bowling, skating, swimming, yoga, skiing, etc.)
- ✓ Home fitness equipment (yoga mat, hand weights, bands, stability ball)
- ✓ Certificates, plaques, pins
- ✓ Dress-down day or paid time off
- ✓ Fitbits, tablets
- ✓ ... ***the sky is the limit!***