

# STEP IT UP

Challenging You to Move!



## TEAM CHALLENGE VIRTUAL INSTRUCTIONS

### Welcome to the Step It Up Challenge

We are challenging YOU to move more! Walk, run, and hike your way across the Map of Canada. Taking care of our physical and mental health is more important now than ever before. Why not have a little fun along the way with a friendly competition?! It's in you to MOVE!

Although variables such as height, weight, age, gender, terrain, and speed contribute to determining actual steps, the following conversion table will be used to calculate step values for this challenge.

## TIME-TO-STEPS CONVERSION TABLE

WALK OR HIKE	TIME (MINUTES)	IS EQUIVALENT TO	STEPS	TIME (MINUTES)	IS EQUIVALENT TO	STEPS	RUN
	10	IS EQUIVALENT TO	1,125	10	IS EQUIVALENT TO	1,750	
	15		1,685	15		2,625	
	30		3,375	30		5,250	
	45		5,065	45		7,875	
	60		6,750	60		10,500	

### Individual Submissions and Race Results

Each day, please visit the Team Challenge website. You will be asked to click on your Team Name and submit your total steps for that day. We are working on the honor system!

The map will be updated once per week and teams can see where they stand. The scores will be scaled for teams of 10 for map representation. The team with the most steps and travels the farthest, wins the challenge!

**For this Step Challenge, you may use any tracking device of your choice (phone app, Fitbit, Garmin, Apple Watch, etc.).** If you don't have a device, you can simply track your minutes and use our handy conversion table to determine your total steps for the day. Walking, running, and hiking are examples of ways to accumulate steps.

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Be sure to check out the Team Challenge Resource Centre for helpful tips, guides, and strategies to help you during the challenge!

\* Consult your health care professional before beginning any exercise program \*