

## Don't let the dust settle on your pedometer!

### Ideas for walking challenges for your team until Steps to Health Challenge 2020!

1. **STEPtember Challenge** – 30 days- Sunday 1<sup>st</sup> Sept- Monday 30<sup>th</sup> September  
How many steps can the team get for the month of September- 30 day challenge?

- Co ordinator provides a template for team members to log their steps- Template provided [here](#)
- Co ordinator sends countdown e-mails to keep people motivated e.g. 20 days left, 15 days left of challenge, big push for final 10 left days etc.



2. **Halloween Walking Challenge**- 28<sup>th</sup> October- 10<sup>th</sup> November
  - Increase your Steps for 2 weeks during Halloween
  - Walk to a 'virtual destination' as a team. Examples: distance between 2 landmark in your county, between 2 towns in your province or between all team members' homes.
  - Why not walk the distance of a stage of the Camino- see Camino template [here](#)
  - Use Journey planner to plan routes:

[http://www.journeyplanner.transportforireland.ie/nta/XSLT\\_TRIP\\_REQUEST2?language=en](http://www.journeyplanner.transportforireland.ie/nta/XSLT_TRIP_REQUEST2?language=en)

- How to convert steps to KM's: See box for approx. number of steps per km:  
Ref: <https://www.convertunits.com/from/kilometers/to/steps>



3. **Advent Activity Challenge**- December 1<sup>st</sup>- December 24<sup>th</sup>  
Don't put off until January what you can do in December!

- Provide a calendar for the team on what the group need to do each day of December up to Xmas Day.
- Template provided [here](#)- Calendar includes some other advice- Take notice of surroundings etc



4. **'Spring in your Step' Challenge**  
Post x-mas 6 week Step challenge- Jan 13<sup>th</sup>- Feb 23<sup>rd</sup>
  - Put all team participant names into hat- Chose 1 person each week to set the challenge for the rest of the group to aim for. How many steps per day? What days the team will aim for 500 more steps etc
  - Team keeps track of steps over the 6 weeks.
  - Why not walk the distance of a stage of the Camino- see Camino template [here](#)
  - Organise some prizes to keep team motivated.



5. **Marchathon**
  - Smarter Travel Workplaces run a 'Marchathon' every March. Log steps on: <https://activetravellogger.ie/Register>
  - Use Journey planner to plan routes for March: [http://www.journeyplanner.transportforireland.ie/nta/XSLT\\_TRIP\\_REQUEST2?language=en](http://www.journeyplanner.transportforireland.ie/nta/XSLT_TRIP_REQUEST2?language=en)



Provisional Date for Start of 2020 Steps to Health:

**Monday April 27<sup>th</sup> – Sunday 31<sup>st</sup> May 2020**

1 km to steps = 1312 steps
2 km to steps = 2625 steps
3 km to steps = 3937 steps
4 km to steps = 5249 steps
5 km to steps = 6562 steps
6 km to steps = 7874 steps
7 km to steps = 9186 steps
8 km to steps = 10499 steps
9 km to steps = 11811 steps
10 km to steps = 13123 steps