



What is Steps to Health?

Steps to Health is a physical activity challenge run across the health services and HSE. It encourages staff to move more throughout their day both in and out of work. The challenge encourages staff to form a team with their colleagues and record their weekly step counts and movement* and become more active.

Most of us walk between 3,000 to 5,000 steps a day. *Steps to Health* challenges us to make up the extra steps so that we reach the goal of at least 10,000 steps a day.

New guidelines have shown us that we need to move more everyday and adults need to get at least 2 hours and 30 minutes of moderate activity per week for health benefits.

Sitting at your desk all day is known to increase our risk of ill health – so remember to take breaks every hour and to try and get a walk or stretch in at lunchtime.

The aim of *Steps* is to walk or move at least 10,000 steps daily, which is equal to eight kilometres or five miles. The more you and your team moves the better! Every Move Counts!

Why taking part in Steps to health is good for me?

Research tells us that we are more motivated and likely to take part in physical activity like the *Steps to Health* challenge when we do it with friends and colleagues.

Experts from across the world agree that by moving at least 10,000 steps daily you will improve your health and wellbeing. The more you move the more the benefits.

Research studies found that being physically active including walking can:

- Have a protective effect on a range of chronic conditions including coronary heart disease, obesity and type 2 diabetes, mental health problems and social isolation.
- Help treat and offset the symptoms of depression, cardiovascular disease and Parkinson's disease.
- Improve sleep quality.
- Find out more on

<https://www2.hse.ie/living-well/exercise/>

- <https://www.gov.ie/en/publication/44751-every-move-counts-national-physical-activity-and-sedentary-behaviour-guidelines-for-ireland/>

Every Move Counts

Being active regularly has significant health benefits for your heart, bodies and minds, whether you're walking, wheeling or cycling, dancing, doing sport or playing with your kids.



Any
is better
than none

LIMIT
sedentary time



REPLACE ↑
with some physical activity



At least
2 hrs 30 min
per week



On at least
2
days per week
muscle strengthening
activities

Adults

Including those living with disability

Every Move Counts



**Everyone
who can**

More than
5
hours
per week



How do I take part in *Steps to Health*?

Visit www.hse.ie/stepschallenge to see when the next challenge begins.

- Download a poster to advertise the challenge.
- Set up a team of 2-10 people with your colleagues.
- Nominate a team captain who will look after your team.
- Get your captain to register your team.
- Once the challenge starts, get active daily by stepping or moving with your teammates. Every Move Counts!
- Record your daily steps using phones, personal devices or step counters you might have at home. Use a simple template to record your weekly step count and don't forget to give it to your team captain every week.
- Keep an eye out for local competitions, news and leaderboards in your region.
- Keep active, moving and walking after the challenge!



Role of the Team Captain

Once your team has nominated a team captain they will:

- Choose a team name.
Register your team on www.hse.ie/stepschallenge and create your team profile.
- Find a guide on how to use the Steps platform on hse.ie/stepschallenge.
- Collect and record the teams' step count and log them on the Steps platform every week.
- Set up a communication channel for the team for the challenge (e.g. WhatsApp, email, MS teams).
- Motivate and encourage the team to keep moving and improving throughout the challenge.
- Let the team know about the benefits of being active, moving more and sitting less.
- Use the weekly themes below to help your team on their steps journey.
- Promote and encourage the team to enter any competitions which may be happening locally. Check the leaderboard for your region to see how your team are doing.
- Pass on any motivational news or information to the team throughout the challenge.
- Promote the teams involvement amongst other colleagues and networks to encourage other staff to become more active and take part.



More information: hse.ie/stepschallenge