



## Thanks to the co-ordinators

Thanks for taking the time to be a team co-ordinator for the annual staff *Steps to Health* challenge. We acknowledge that you have a busy working life already, but we are delighted that you find it worthwhile to organise and motivate your colleagues. Research tells us that those who walk as part of a team are more inspired and more motivated to do so than those who walk alone. Counting the steps while you and your team do the Steps to Health challenge will also help to keep up the momentum.

It's not just about the 10,000 steps a day, but also about improving everyone's count.

You may be working on site or blended between home and on site so it will be helpful to use online tools such as whatsapp to keep in touch virtually with your team. It can still be fun and you can chat to your team while walking or share some photos on your WhatsApp group or or Twitter @hsesteps.

## How will Steps to Health challenge benefit our team?

The Steps to Health challenge will:

- give us an increased awareness of our physical activity levels
- motivate us to become more active
- improve staff morale
- improve our mental and physical health.

Research tells us that the most common reasons employees sign up to a *Steps to Health* challenge are:

- fun
- fitness
- to lose weight
- most importantly – because it's organised by the workplace.

## What do I need to do as a team co-ordinator?

- form a team with willing colleagues of between two and 10 members
- give your team a name
- register your team online at [hse.ie/stepschallenge](https://hse.ie/stepschallenge)
- You can order step counters for your team members who need them when you register.

## Encourage staff to use their own step counters

Some of your team members may have their own step counters, smart phone apps or wearable devices, like a FitBit, to record their daily step count. Encourage your team to always record their steps counts – before, during and after work. In line with the HSE Climate Action Strategy please encourage your team to use phones, devices or previous years step counters.

## Participants need to fill in a questionnaire

Ask each of your team members to complete the Physical Activity Readiness Questionnaire (PAR-Q). Participants can download it from [hse.ie/stepschallenge](https://hse.ie/stepschallenge). This will allow participants to assess themselves if they need to have a chat with their GP before starting the Challenge. They don't have to share the questionnaire with anyone.

## How will I promote and motivate my colleagues taking part in the annual Steps to Health challenge?

### Newsletters, social media and competitions

You could post your comments, stories and photos on Twitter @HSEsteps or send articles to your local newsletters or to Health Matters, HSE's national staff newsletter. You can also share information on any local competitions that you are taking part in.

### Virtual challenges

Some teams may wish to compete with other teams in your workplace.

You could also set your own team challenges such as walking the same number of steps it would take to climb a mountain or reach another city in Ireland or in another country. If you are not meeting or working together, you can use email or WhatsApp groups.



Try these virtual walks with your team (1 km equals 1,250 steps)

- Walk from Dublin to Cork  
= 260km = 325,000 steps
- Walk from Malin to Mizen Head  
= 653km = 816,250 steps
- Climb Carruntoohil  
= 12 km = 15,000 steps
- Climb Everest  
= 20.5km = 25,625 steps
- Choose other attractive locations like Paris, San Francisco or Sydney.

### Online leader board

After you register your team on [hse.ie/stepchallenge](https://hse.ie/stepchallenge) and the challenge starts, you will be able to upload your team total steps weekly and the leader board will be published weekly.

### Educate your team about health benefits

Share the health benefits to be gained, from aerobic activity, like a brisk walk, with your team.

The Department of Health National Physical Activity and Sedentary Behaviour Guidelines recommend that adults need to do at least 2 hours and 30 minutes of moderate intensity physical activity per week. The more the better. Every Move Counts!

Limiting the time spent sitting is also very important to gain the most benefits.

*Every move counts*

Spread the word –  
tell colleagues how good  
walking makes you feel.



More information: [hse.ie/stepchallenge](https://hse.ie/stepchallenge) or email: [stepstohealth@hse.ie](mailto:stepstohealth@hse.ie)  
Twitter @HsehealthW | #HSEstepschallenge