



# Pedometer Challenge





# About Pedometers

## What is a Pedometer?

- It is a small tool that you can wear when you walk. This tool can count each step and provides a total number of steps taken until the reset button is pressed.
- Wearing a pedometer can provide you with information on how much or how little you walk each day.
  - Active adults must walk at least 10,000 steps per day.
  - Active older adults must walk between 7,000 and 10,000 steps/day.
  - Active children above the age of 6 must walk between 12,000 and 15,000 steps per day.





# About Pedometers

## How to Use a Pedometer:

- This particular pedometer only has two buttons—RESET and MODE.
- The RESET button has a delay to help prevent accidental reset.
- To clear all your totals simply press and hold the reset button for two seconds.
- Press MODE to shift between Steps and Activity Time. The activity timer automatically records when you are moving at speeds greater than 1.8mph.

## Step Test:

- Open the cover and reset to zero, gently close the cover and take 20 steps.
- Open the pedometer and check to see if it is reading between 18 and 22 steps.
- If the pedometer is not reading between 18 and 22 steps, try attaching the pedometer in a different location. Try the step test again.





# Pedometer Challenge



## What is a Pedometer Challenge?

A pedometer challenge is an activity in which a group of people wear a pedometer device and try to accumulate as many steps as possible each day over a period of time to obtain a specific goal. The challenge could be an individual challenge or group challenge i.e. the person who has the most number of steps wins or a group can add their steps together to try to reach a destination such as Ireland.

A few factors should be made known to participants before the challenge begins:

- How to properly wear a pedometer.
- When to wear the pedometer (all day or only at work).
- How wearing a pedometer increases awareness of how much or how little an individual walks and that walking is an excellent form of physical activity.
- The required number of steps per day to maintain a healthy active lifestyle.
- How to convert steps taken into distance walked.





# Pedometer Challenge



## Who Participates in a Pedometer Challenge:

A pedometer challenge can either be an individual or group challenge, competitive or cooperative.

Consider the following factors if planning for a group challenge:

- Are the group members competitive?
- Does competition motivate them to perform better?
- Would the competition be in fun and good sport?
- Would all team members/group members enjoy the competition?
- Would it be beneficial to challenge another group to a competition?
- Would a common goal increase team building?
- Would there be more excitement for the group if they achieved a goal together?



# Pedometer Challenge

## Public Walking Challenge:

Just as there are benefits to an individual challenge or a group challenge there are benefits and concerns with allowing the public to enter into the challenge/walk.

Allowing patrons to join in assists in developing relationships between the staff and the patrons of the library. These relationships help to encourage people to return again and again to the library.

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A challenge/walk open to the public may encourage patrons to want to expand their knowledge in the area of health and may encourage them to check out books and items that were not of interest prior to the pedometer challenge. It is an opportunity for library staff to impact the general health of their customers.

It may be beneficial to begin a walking challenge with a specific group rather than the general public giving staff time to 'pilot' a challenge and gain some experience before organizing a large event.







# Pedometer Challenge

## Timeline:

Set your time line based on the best guess average distance the individual/team will walk in a day.

The challenge should be long enough for everyone to be involved recording steps for at least 6 weeks. This would allow for people to get into a routine of walking more, consulting their pedometer for the # of steps they take, and to become aware of any changes to their health because they are walking more often.

## CONSIDER:

On average people who work all day at a computer will walk approximately 3,000 to 5,000 steps per day (approx. 2.4 to 4 km each day). It may take some time for people to be able to increase the number of steps they travel each day.





# Pedometer Challenge

## How to record steps:

Please use the tracking sheet provided to track steps or feel free to use the many online tracking programs available by using an internet search.

Paper tracking sheets should be in an open, accessible area where all pedometer participants are able to record their steps.

There are pedometer walking programs on the web that allow you to sign in and compare your steps with others. Visit <https://www.getactivemississauga.ca> for more information.

NOTE: Be prepared to remind people to record their steps on a regular basis! Keeping a good tracking record is a key ingredient to success.







# Pedometer Challenge Resources



The following pages contain resources that will help you with your pedometer challenge. The resources are:

- Steps per day tracking sheet,
- Examples of icons,
- Sample email to staff,
- Distance calculations,
- Conversion sheet (steps to kilometres or miles).





# Pedometer Challenge Icons

## Visualize the Challenge:

Provided in this package are icons: a start, finish, and shoe icon. It is possible to get a different icon that may be more related to your group. The icon's can be put on the wall or any other space to help participants visualize the journey. The personal icon becomes the property of the individual. Encourage them to decorate it, personalize it, make it their own.





# Pedometer Challenge Icons





# Pedometer Challenge Sample Email

Hello All,

We are getting ready to begin our Pedometer Walking Challenge. We will be toddling over to Great Britain. Just imagine having teas with the Queen, Jamming with a Beatle, or casting spells with Harry Potter :) Oh, the fun never ends.

Shortly, I will be posting the Pedometer Tracking Sheet on the Schedule Board at LAK. PCR you may post a communal tracking sheet and/or keep track individually. Whichever option you choose, please hold on to all completed tracking sheets so that I may collect them.

Our challenge guidelines are as follows:

- Everyone is permitted to walk.
- One can track steps both at home and at work (e.g. You can wear your pedometer all day long).
- Steps are recorded as tracked.
- Julie will provide updates on progress.

We will begin our Pedometer Challenge on Tuesday, November 24<sup>th</sup>, 2009. Everyone is responsible for their own pedometer. If you have any questions please feel free to email or call me. Remember, London is quite the distance away, but I am not ;)

Manager, could you please ensure the Pedometer Challenge is up an running on your end. I will be providing regular updates and encouragement.

Our goal will be to complete the Pedometer Challenge and have a 'British Bash'. So, come on everyone! Strap on a pedometer and get a-walking!





# Conversion Chart

| STEPS  | MILES | KM    |
|--------|-------|-------|
| 500    | 0.25  | .40   |
| 1,000  | 0.50  | 0.80  |
| 1,500  | 0.75  | 1.21  |
| 2,000  | 1.00  | 1.61  |
| 2,500  | 1.25  | 2.01  |
| 3,000  | 1.50  | 2.41  |
| 3,500  | 1.75  | 2.82  |
| 4,000  | 2.00  | 3.22  |
| 4,500  | 2.25  | 3.62  |
| 5,000  | 2.50  | 4.02  |
| 5,500  | 2.75  | 4.43  |
| 6,000  | 3.00  | 4.83  |
| 6,500  | 3.25  | 5.23  |
| 7,000  | 3.50  | 5.63  |
| 7,500  | 3.75  | 6.03  |
| 8,000  | 4.00  | 6.44  |
| 8,500  | 4.25  | 6.84  |
| 9,000  | 4.50  | 7.24  |
| 9,500  | 4.75  | 7.64  |
| 10,000 | 5     | 8.05  |
| 20,000 | 9.47  | 16.09 |







# Distance Calculations

A good tool to determine the distance to a specific destination is a distance calculator.

A good distance calculator to use is [www.mapcrow.info](http://www.mapcrow.info).

The calculation to convert steps walking to kilometres walked is as follows:

1. Tally the total number of individual or group steps
2. Divide by 10, 000
3. For miles: multiply by 5; for kilometres: multiply by 8

If a person walked 236, 542 steps:

1. Total steps = 236, 542
2.  $236, 542 \div 10, 000$
3.  $23.65 \times 8$

TOTAL KILOMETRES WALKED = 189





# Distance Calculations

The Mississauga Borrow a Pedometer program is available due to the considerable assistance, cooperation and support of :

- Mississauga Library Staff
- Ontario Trillium Foundation
- City of Mississauga Recreation and Parks Division
- Get Active Mississauga Network

