

# Darlington Borough Council

## Walking Steps Challenge

Mon 14 Nov to Sun 11 Dec (4 weeks)

**WALK TO BE HEALTHY  
& WIN £100 OF VOUCHERS**  
for the team that walks the most!

### How many steps?

#### Week 1

**35,000 Steps**  
(5000 a day)

#### Week 2

**56,000 Steps**  
(8000 a day)

#### Week 3

**70,000 Steps**  
(10,000 a day)

#### Week 4

**98,000 Steps**  
(14,000 a day)

### How to increase your step count

1. Take the stairs not the lift
2. Get off the bus 1 or 2 stops earlier
3. Walk to or from work when you can
4. Walk around when you're talking on your phone
5. Park your car at the furthest end of the car park
6. Go walking at lunchtime

### How do I take Part?

How do I take part? Get together with your work mates to form a team of 3 to 6 people. Give your team a name and nominate a team captain. Your team captain will be the main point of contact for your team.

**Register your team by Monday 14 November and start walking.** Please turn over for more information on how to register.

Either download a pedometer app on your smartphone or request a pedometer from the Local Motion team. For a list of pedometer apps go to [www.dothelocalmotion.co.uk/ways-to-travel/walk/](http://www.dothelocalmotion.co.uk/ways-to-travel/walk/)

### How do I log my steps?

- Use your pedometer app or wear a pedometer on your waistband, in line with the middle of your foot. As you walk, the pedometer will count your steps.
- Keep a record of your steps on a daily basis on the back of this sheet.
- Please contact us at [info@dothelocalmotion.co.uk](mailto:info@dothelocalmotion.co.uk) or the DBC Intranet Forum if you have any questions.
- At the end of the four week challenge we will ask you to submit the sheet and we will work out the results. Due to team numbers differing an average step count will be calculated for each team.
- Results will be presented to each team at the end of the challenge.

### What targets should I aim for?

Calculate your average steps per day in Week 1 and aim to gradually increase that over the 4 week challenge. Remember to start small and aim to build up your steps bit by bit.

If you are very inactive, have a health problem, or are worried about any aspect of your health, you should consult your doctor before taking part in this challenge.

#### Personal targets

Aim to increase your step count bit by bit over the challenge.

You may even organise a real life team or workplace walk of your own.

### Is this challenge just about walking to work?

No, walking anywhere, anytime will count. Walking all or part of the way to work is a great way to increase your steps and reduce your personal travel costs, and impact on the environment. You can also include walking at lunchtime or around the office, using the stairs instead of the lift, etc.

Only steps on your pedometer or app count! You can include any activity where your pedometer can reliably measure related steps e.g. walking, jogging etc. Activities where your pedometer is not a reliable measure such as swimming, cycling or rowing may not be included.

### Check it out!

Search the [DBC Intranet forum](#) for #**DBCWalks** (be sure to tick 'display results from the forum') and remember to bookmark it!

Visit [dothelocalmotion.co.uk](http://dothelocalmotion.co.uk) for more info on walking routes and maps, travel choices and further contact information.

