



Shape Up *Your* Workplace

A Monthly Series brought to you by Get Healthy CT

Workplace Wellness Idea #35: Walking Challenge in the Workplace

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we will be introducing a new “Workplace Wellness Idea” each month that employers can implement at low or no cost.

Why Incorporate Walking Challenges?

Employers have the potential to positively impact employee health by incorporating walking challenges into the workplace. Over 90 percent of workers spend more than 40 hours per week at work, which makes the workplace a great place to target and change health behaviors. Walking is one of the most accessible forms of physical activity and there are a number of ways to implement a walking challenge.

Things to Consider Before Starting a Walking Challenge in Your Workplace

Before you start you'll need to decide a few things about how your challenge will be organized:

- **How long will it last?** The longer the challenge the more of an impact it will have on the staff's health and well-being.
- **Will you have teams?** Employees can participate as an individual or as part of a team. A team can consist of 5 or more people, depending on the size of the organization. There should be a team captain to help collect and record weekly steps.
- **How will everyone track their steps?** There are phone apps that can help track steps. Pedometers, which are fairly inexpensive, may be provided to those that need them from your company.
- **How will you promote the challenge?** Promotion can be done via email, newsletters, staff meetings and other forms of workplace communication to help get the word out. Keeping employees motivated throughout the challenge is also important. Keep messaging simple and positive. Remember to continue to encourage and support team members throughout the challenge.
- **Will you offer any prizes?** Giving incentives can keep participants motivated and help promote healthy competition among employees.

Samples Guidelines for a Walking Challenge in the Workplace:

1. Decide if your challenge will be for teams or for individuals? If teams, select a minimum number of people needed per team (5 or more people is good).
2. If using the team approach, each team must nominate a Team Captain.
3. Each participant must record their daily step count using a record sheet. See example below:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total steps for the week
Week 1 10/15-10/21								
Week 2 10/22-10/28								
Week 3 10/29-11/4								
Week 4 11/5-11/11								
Week 5 11/12-11/18								

4. Individual step counts should be given to your Team Captain on a selected day each week. For example: Every Monday by 5:00 PM for the previous week.
5. Each Team Captain should report their team's weekly steps by a set day per week to the challenge coordinator. Example: Every Tuesday by 5:00 pm
6. At the end of the challenge, let each team know where they placed and give prizes to the winning team/individuals.
7. Have fun and remember all steps taken are good for your health, no matter what place a team comes in.

It's all about steps...so step up your game, get fit and have fun!



For more information, please visit GetHealthyCT.org

Let's work together to help make the healthy choice the easy choice in the workplace!