

LAKE COUNTY GENERAL HEALTH DISTRICT

ACHIEVE Wellness: 10,000 Steps Challenge

January 2014 – April 2014



Lake County
General Health District



Prevent. Promote. Protect.

ACHIEVE Wellness: 10,000 Steps Challenge

Rules

1. The ACHIEVE Wellness: 10,000 Steps Challenge is a 12-week competition among employees in Lake County. The goal is to help you become more physically active. Each week includes a step requirement or goal to gain points based on the number of steps taken each day. The idea for each participant to obtain the most steps every week.
2. The Challenge officially begins Monday, January 20, 2014 and will end Sunday, April 20, 2014.
3. **Goals:** To increase physical activity levels, with the ultimate goal to incorporate exercise into your daily life. Each individual should accumulate as many steps or points as she/he can.
4. **Awards:** There will be prizes for the top 3 winners at the end of the challenge. The person with the most accumulated points will receive a \$100 gift card, the 2nd place winner will receive a \$75 gift card, and the 3rd place winner will receive a \$50. In the case of a tie, all participants impacted will be placed into a drawing for the prize. Other incentives will be distributed along the way.
5. **Web Site:** All forms will be available on the ACHIEVE Wellness website, <http://www.lakecountyohio.gov/achieve>.
6. **Step Tracker Log:** As a challenge participant, you will receive a pedometer and weekly step log to track your daily steps. The Step Log will be located on the ACHIEVE Wellness website. Steps are to be tracked **January 20, 2014 through April 20, 2014**.

Steps must be entered weekly. You will need to submit your total steps taken every week in order to receive points for each week. The form to submit your weekly steps will be on the ACHIEVE Wellness website.

Your minimum daily goal will be different each week as you will work towards walking 10,000 steps per day at the end of the challenge. Be sure to wear your pedometer on a daily basis!

1 mile = 2,000 steps
5 miles = 10,000 steps

7. Challenge Points:

Step Goal: There is a step goal for each week. This will be documented on your Step Tracker Log. Each participant will need to record how many steps they have taken each day. The goal is to meet that weekly goal every day of the week in order to accumulate as many points as possible. It is OK to go beyond the weekly goal! **All step requirements will be recorded on an honor system.**

WEEKLY steps must be submitted by 9 A.M. Monday for the previous week's steps. During the final week of the challenge, logs will be due by 4 P.M. on Monday, April 21, 2014 so winners can be determined.

8. **Scoring:** See below.

Week	Daily/Weekly Step Goal
1	1,000/7,000
2	1,500/10,500
3	2,000/14,000
4	2,500/17,500
5	3,000/21,000
6	4,000/28,000
7	5,000/35,000
8	6,000/42,000
9	7,000/49,000
10	8,000/56,000
11	9,000/63,000
12	10,000/70,000

Point Distribution:

1 step = 1 point

9. **Registration:** Registration will be open starting Monday, January 6, 2013 and due by 12 P.M. (noon) on Friday, January 17, 2014. Please register at <https://www.surveymonkey.com/s/welpubliclibrarystepschallenge>
10. **Step Equivalents:** A pedometer can track your steps whether you are moving slow or fast. If you like to play basketball, ski, bicycle, swim or canoe, we discovered our pedometer does not help us keep track of our activity. You can "translate" your time goal into an equivalent step goal for your favorite activity (see Steps Equivalent chart).

Why 10,000 Steps?

It's no surprise that regular physical activity is important. Experts recommend taking 10,000 steps every day! Here is motivation to keep you walking:

Major Benefits of Regular Exercise

- Decreases your stress
- Improves your mood
- Improves self-esteem
- Helps you sleep better
- Increases your energy
- Helps you feel better about yourself
- Improves your attentiveness
- Increases your productivity

Other benefits:

- Lowers risk for heart disease
- Lowers blood pressure
- Decreases your risk for stroke
- Improves your “good” cholesterol and reduces your total cholesterol
- Decreases your risk of breast cancer and colon cancer
- Reduces your risk for diabetes
- Lowers your risk of glaucoma
- Reduces your risk for osteoporosis
- Helps manage your weight

This information was adapted from Highmark® Blue Shield.