

# WALKTOBER CHALLENGE

Oct. 1st -31st

**Tracking Physical Activity 1 step at a time.**

**Purpose:** Provide an opportunity for employees to safely participate in their own **HEALTH & WELLNESS** through building teamwork while encouraging physical activity and being active during breaks & lunch, and before &/or after work.

This year's stepping challenge runs the entire month of October. All employees are encouraged and welcomed to participate. Gather a team, choose a team name, create a theme-for-your-team; promote team work & provide enthusiasm; post flyers & tally sheets; organize team walks & inner group challenges; remind teammates to HAVE FUN!

Some worksites can choose to have multiple teams and compete against their own worksite as well as the other multiple worksites. Teams and Worksites are suggested to have at least 5 participants.

## **Walktober Tracking**

In the Walktober Challenge, we are tracking steps only. You can use a smart-watch, fitness band, pedometer, smart phone, or even use an activity convertor to calculate steps taken. Steps can add up through playing, working, active transportation, house chores, recreational activities, and so much more. Use the Walktober Tracking Sheet to log your steps and Activity Convertor to convert physical activity into steps. If you would like to request a pedometer for check out, contact [WalktoberChallenge@gmail.com](mailto:WalktoberChallenge@gmail.com)

*\*Winning Organization is based on total Steps divided by total participants.*

After the end of the Challenge and before 5 p.m. Monday, November 5<sup>th</sup>, your Team Captain must submit your teams completed Team Tally Sheet or Individual Tracking Sheets to [WalktoberChallenge@gmail.com](mailto:WalktoberChallenge@gmail.com)  
Questions: Contact 229-8456 or visit [healthyshasta.org/be-active/walktober/](http://healthyshasta.org/be-active/walktober/)



## **What are Worksite Wellness Challenges?**

These are activities that engage employees in becoming healthier, happier and more energetic at work. These Challenges are gaining popularity and changing lives at work. The purpose of Challenges is to encourage healthier lifestyle behaviors. Challenges are successful when a supportive, positive climate of fun and camaraderie helps people to adopt or maintain a healthy way of living.

## **Physical Activity in Adults**

*Recommended levels of physical activity for adults aged 18 - 64 years*

In adults aged 18–64, physical activity includes leisure time physical activity (for example: walking, dancing, gardening, hiking, swimming), transportation (e.g. walking or cycling), occupational (i.e. work), household chores, play, games, sports or planned exercise, in the context of daily, family, and community activities. In order to improve cardiorespiratory and muscular fitness, bone health, reduce the risk of depression:

- Adults aged 18–64 should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous-intensity activity.
- Aerobic activity should be performed in bouts of at least 10 minutes duration.
- For additional health benefits, adults should increase their moderate-intensity aerobic physical activity to 300 minutes per week, or engage in 150 minutes of vigorous-intensity aerobic physical activity per week, or an equivalent combination of moderate- and vigorous-intensity activity.
- Muscle-strengthening activities should be done involving major muscle groups on 2 or more days a week.

## **Benefits of Physical Activity for Adults**

Overall, strong evidence demonstrates that compared to less active adult men and women, individuals who are more active:

- have lower rates of all-cause mortality, coronary heart disease, high blood pressure, stroke, type 2 diabetes, metabolic syndrome, colon and breast cancer, and depression;
- are likely to have less risk of a hip or vertebral fracture;
- exhibit a higher level of cardiorespiratory and muscular fitness; and
- are more likely to achieve weight maintenance, have a healthier body mass and composition.