



Step Count Challenge Guidance

The Challenge

Individuals and teams of 2 can enter the challenge:

- Individuals should aim for 9,500 steps per day.
- Teams of 2 should each aim for 4750 steps per day. As a team of 2 your steps will be combined to complete the challenge. Note: *This option is most suitable for people who currently undertake no activity, low activity or with low mobility.*

Registration opens at 1pm on Tuesday 10th April. You should register at: **walkonhebrides.bigteamchallenge.com** by midnight on Monday 30th April 2018. The first 50 to register for the challenge will receive a Walk on Hebrides resources pack!

The challenge will start on Tuesday 1st May 2018 at midnight.

The challenge is open for 6 weeks; closing on Monday 12th June 2018 at midnight.

The virtual route we have selected starts on the Isle of Barra and finishes in Ness, Isle of Lewis; covering 172 miles. As you enter steps/miles/kilometers onto the Big Team Challenge system your completed path will be highlighted.

The challenge will be deemed complete when you have completed the route or when the challenge closes after 6 weeks.

The challenge is free and the Big Team Challenge (BTC) app is free to download and use.

The Rules

The Outer Hebrides must be your main residence.

You must register with the challenge at: **walkonhebrides.bigteamchallenge.com** and log step counts on either the BTC app or website (or both). *For legal reasons all system users must be over 13 years of age, but a parent/guardian can log distance on behalf of their child if they are younger.*

You can convert other physical activities into steps e.g. swimming, housework, gardening, going to the gym or a dance class etc. Suggested activity to steps converter: <https://earlham.edu/media/3049229/activityconversionchart.pdf>

You should wear your pedometer or other step counting device every day.

If your step counting device breaks or runs out of battery you can submit an average number of steps on that day.

Equipment

You can use any step counting device to keep track of your step count e.g. pedometer, app, fitness tracker, FitBit.

FitBit's and the iPhone HealthKit can be synced with the BTC system. How these systems calculate step counts may vary. If you feel some steps have been missed you can manually add these through the BTC system app or website.

If you have a smart phone you can download a free pedometer app.

If you do not have access to a step counting device the Health Improvement Department have a limited supply of pedometers for use.

You should log your steps totals through the free Big Team Challenge system app and website system where you can track your progress along the virtual route. You can use both the Big Team Challenge app and website or you may decide to only use one. The challenge will be live on the system from 9am on 1st May to 5pm on 12th June and you can log steps any time during this period.

The step count challenge is not a competition and each participant is as important as the next but for those interested there are 2 league tables on the BTC system; 'Individual Teams' and 'Group Teams', which can be viewed by all Walk on Hebrides challenge participants.

Photo Competition

Participants are encouraged to submit photos while out and about working on their steps and you could be in with a chance to win a Cotswold Outdoors voucher. Submit by email: wi.walkonheb@nhs.net or on the 'Walk on Hebrides - Big Team Challenge' Facebook Event page. *By submitting your photo you grant NHS Western Isles authorisation to publish and otherwise use the material in reports, at conferences, training events, promotional materials and in press releases issued to the media.*

Note: £25 for the best photo from an individual participant, £20 each for the best team photo.

Support

You can contact the Big Team Challenge support team for technical support: -

Email: contact@bigteamchallenge.com Phone: 0141 319 7223

You can contact NHS Western Isles' Health Improvement Department for all other queries: -

Email: wi.walkonheb@nhs.net

Phone: 01851 76 2016 (Lewis & Harris) 01870 602 588 (Uists & Barra)