



Step Count Challenge 2019 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 Monday 1st April. You should register at: walkonhebrides.bigteamchallenge.com by midnight on Tuesday 30th April 2019.

The challenge will start on Wednesday 1st May 2019 at 00:01.

The challenge is open for 6 weeks; closing on Tuesday 11th June 2019 at midnight.

The virtual route we have selected starts in Castlebay, 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 first 20 to register for the challenge will receive a free 'Walk on Hebrides' resources pack.

Registration

You can register at: walkonhebrides.bigteamchallenge.com or by downloading the Big Team Challenge mobile app. For the app, type 'walkonhebrides' in the text box and press enter.

When registering with the BTC system you will be asked to 'join' or 'create' a team. If you are joining a team, enter the team name your partner has provided you with into the text box and select search. If you are entering as an individual or you are creating a team please complete the 'create team' section. You will be asked to add the following information 'Team Name', 'Location' (optional) and 'Description' (optional). You should then select if 'You're Part of ... a 'team' or 'individual'. Invite Settings: select 'Invite only' if you are entering as an individual or if you are entering as a team and you want to approve who joins you.

The Rules

The Outer Hebrides must be your main residence.

You can 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 should log your steps totals through the free Big Team Challenge system app and/or website system where you can track your progress along the virtual route.

You can use any step counting device to keep track of your step count e.g. pedometer, app or fitness tracker. If you have a smart phone you can download a free pedometer app.

Fitbit

If you use a Fitbit, you can connect your account to automatically sync steps - just look for the "Connect to Fitbit" button on the website (under Settings, Connected Apps) or in the settings of the Big Team Challenge mobile apps.

Android / iPhone

If you have an iPhone or Android device with built-in pedometer, you can instead sync with Apple Healthkit or Google Fit. Download the Big Team Challenge mobile app and look for the connect options under settings. Once enabled, your tracked steps will be logged each time you open the apps.

How step counters calculate steps may vary. If you feel some steps have been missed you can manually add these through the BTC system app or website.

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

Support

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

Email: contact@bigteamchallenge.com or contact via the help button on the system.

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

Email: wi.walkonheb@nhs.net

Phone: 01851 76 2015 (Lewis & Harris) 01870 602 588 (Uists & Barra)