



How to organise your Workplace Step Challenge



Why do a Step Challenge?

- Encourages staff to be more active
- Promotes some healthy competition between staff
- Shows staff you value their wellbeing
- Can be done without any cost
- Easy to manage

Plan your Step Challenge

- Pick a 4-week block, try to avoid popular holiday times or particularly busy work periods.
- Communicate to staff one week before the challenge starts, indicate the start and end date and ask staff to register.
- Set up a communications channel or email list of participants.
- Give staff a few days to register, then divide participants into teams of four or five.
- Let staff know which team they are in and ask teams to pick a team name and leader.
- Let staff know they need to activate the built-in health app on their phone, download a step counter app or use a wearable device to track steps.
- Consider if there is any budget available for a prize.

Get Stepping

- Steps are counted from Monday to Sunday each week for four weeks.
- Every Monday morning participants submit their total tracked steps from the week to their team leader and the team leaders should send on their teams' steps to the organiser.
- Circulate or display a weekly leader board.
- Continue to communicate with participants to keep them motivated.
- Circulate and display the posters, infographics and leaflets from irishheart.ie.
- Mark the end of the step challenge with an award for the winning team. You could also acknowledge the best stepper or most improved stepper.