

# Why a Pedometer Challenge?



**Sixty-nine percent of Canadians report that they walk for exercise. This makes walking the most popular sport activity. Introducing Pedometer Challenge at Workplaces is a great way to raise awareness of regular physical activity and promote healthy active living among employees.**

## **Did you know:**

- 2/3 of Canadians are not active enough to obtain health benefits (CFLRI, 2002)
- Over 15 million spend approximately half of their waking hours at work (Health Canada 2001)
- Many employees are becoming increasingly sedentary due to labour-saving technology
- Incorporating active living opportunities into employees' work days can improve morale, reduce incidence of stress-related injury and illness

**The average North American walks 3,500 to 5,500 steps a day. Health professionals recommend we walk at least 10,000 steps daily to achieve health benefits.**

## **Benefits of Pedometer Challenge:**

- Creates a fun, competitive team spirit environment among staff
- Potential reach to a large number of staff
- An activity one can do anywhere and can be enjoyed at any age
- Inexpensive and easy to implement
- Enables one to visualize the number of steps taken
- Achievements are measurable

## **As exercise, walking can:**

- Increase muscle strength and flexibility
- Increase fitness and energy levels
- Reduce risk of coronary heart disease, diabetes, osteoporosis and some cancers
- Decrease stress and enhance mental well-being
- Strengthen the immune system

## **Web Links:**

[www.activelivingatwork.com](http://www.activelivingatwork.com)

[www.active2010.ca](http://www.active2010.ca)

[www.centre4activeliving.ca](http://www.centre4activeliving.ca)

[www.paguide.com](http://www.paguide.com)

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

[www.canadian-health-network.ca](http://www.canadian-health-network.ca)

[www.cflri.ca](http://www.cflri.ca)