

Pedometer Challenge Toolkit



The Pedometer Challenge Toolkit has been developed to assist workplaces to promote physical activity to employees. In this toolkit, you will find information on the following:

- Background/rationale for a Pedometer Challenge
- Pedometers
- Guidelines for coordinators
- Pedometer loan contract form
- Guidelines for participants
- Promotional flyer
- Registration form
- Sample voice mail reminders
- Sample email messages
- Daily walking log sheet
- Conversion of steps to geographical distance
- Printed resources
- Posters
- Websites/resource list
- Ideas to sustain motivation and maintain a supportive environment for physical activity
- Evaluation form

In addition to the Pedometer Challenge Toolkit, we also offer other program services to promote physical activity at no cost. They include displays and workshops on Active Living and Walking, the Energize Your Workplace Toolkit, consultations on starting a walking club and assistance with organizing physical activity promotional events.

**For more information, please call
York Region *Health Connection* at
1-800-361-5653.**

