

Get Ready, Get Set, Get Stepping – a walking challenge

Materials Needed:

- A pedometer

The purpose of this challenge is to encourage individuals to take more steps throughout the day to help improve their physical fitness and overall health. To get started, every participant in this challenge needs a challenge buddy. To pair off, have each participant write their name down on a scrap of paper. Gather the names and have each member draw a name – whoever they draw is their challenge buddy for the week.

The challenge buddies within each pair will compete against each other to achieve a higher average of steps for the week.

- Each participant is to keep track of their daily steps using a pedometer.
- At the end of each day, participants must then write down the number of steps for that day. (The TOPS Tracker achievement log is a great way to keep track of steps, but any journal or notebook will do.)
- **Members will record their steps from the time they get out of bed until the time they go back to bed everyday.**
- Members must then average out the number of steps they took for the week and bring the results to the next TOPS meeting to compare with their challenge buddy.
- Whoever has the higher average of steps between the two challenge buddies wins for the week.



The “winner” of each challenge-buddy pair will take on another winner from another challenge-buddy pair every week, until you have three finalists in first, second, and third place.

Your chapter is encouraged to award the three finalists with exercise-themed prizes, such as a water bottles, a gift card from a sporting goods store, or the TOPS Exercise Shoes charm (C-70).

As for the challenge-buddy in each pair who loses for the week, they are encouraged to keep stepping and logging their steps every day. Your chapter may also award a member with a “Greatest Improvement” prize among these members.

Something to think about: It is recommended to engage in 30 minutes of moderate-intensity physical activity on most days of the week – but what qualifies as “moderate” and how can you translate pedometer steps into intensity level? According to one study, researchers found that walking at a rate of at least 100 steps per minute can be considered moderate intensity.

Reference: Translating physical activity recommendations into a pedometer-based step goal: 3,000 steps in 30 minutes. Marshal, S.J. et al., American Journal of Preventive Medicine 2009 May; 36(5): 410-415.

