



2019 OC-SNP
**NATIONAL
PEDOMETER
CHALLENGE**



OC  **SNP**

student & new professional
étudiant et nouveau professionnel

Acknowledgements

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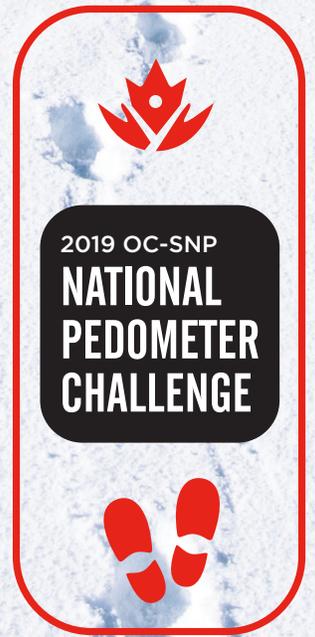


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2019 OC-SNP National Pedometer Challenge

Monday, March 11th to Sunday, March 17th

Thank you for your interest in the **2019 OC-SNP National Pedometer Challenge!**

This information package will provide you (and your team) with all of the information you need to participate in this year's challenge.

What is the Pedometer Challenge?

The Pedometer Challenge is a one-week long event, which aims to promote physical activity, networking, and of course some friendly competition between the OC-SNP and OC local chapters across Canada. The challenge will involve all interested chapters to recruit participants to track their steps (via pedometer, smartphone app, etc.) for 7 consecutive days. At the end of the week, the National Pedometer Challenge Organizing Committee will tally all chapter average step counts and announce the winning OC-SNP and OC local teams. This is a great way to promote physical activity to your chapter and/or members of your community to get them active this spring. Let's see which team will accumulate the most steps!

When is the 2019 Pedometer Challenge taking place?

The Pedometer Challenge will run from Monday, March 11th to Sunday, March 17th (11:59 pm EST).

Rules to participating in the Pedometer Challenge

1. There is no limit to how many members can participate on each chapter's team. All OC local and OC-SNP members are welcome to participate. Register your team at:
<https://docs.google.com/forms/d/e/1FAIpQLSef1C4nqJ76p5bVEoZLr95YfwFUTzlxEXqJQcWV80d9KDe05w/viewform>.
2. Don't have a team? Simply register as an individual and we will assign you a team before the challenge begins!
3. Chapters and individual participants must join at the beginning of the challenge - no late entries permitted.
4. Each participant will wear a pedometer (or similar device) for the 7 days.
5. Remember to keep track of your own steps or submit them to your challenge leader, if necessary. A tracking sheet has been provided for you (see Appendix A).
6. At the end of the week, submit your step count into Google Forms at this link:
<https://docs.google.com/forms/d/e/1FAIpQLSef1C4nqJ76p5bVEoZLr95YfwFUTzlxEXqJQcWV80d9KDe05w/viewform> by March 25, 11:59 PM EST. We will tally the total step count for each chapter and divide it by the number of participants on your team for an average step count. The OC-SNP team with the highest average step count will win a prize.
7. The winning OC-SNP chapter will be announced and awarded the grand prize of \$250 towards a chapter event. All OC local members who participate in the challenge will be awarded a certificate!
8. Take 2-3 screenshots/photos of your daily steps using a pedometer app/pedometer. The individual winner or winning OC-SNP Chapter will be asked to provide proof of submitted daily steps.



Tracking your steps

Various methods can be used to track your steps. Your team can use pedometers, accelerometers, smartphone apps, or any other devices that counts your steps. **Your team is responsible for acquiring its step-counting devices.** Please contact the National Pedometer Challenge Organizing Committee (Jacqueline.Brown@uoit.ca) if your team requires assistance acquiring the necessary equipment. The winning chapter and winning individual will be asked to provide proof of step count on some days. These may include a picture, uploaded app data, or screenshot from the device that was used to collect this information.

1. Pedometers

- Pedometers can often be acquired from your health science, exercise, or nutrition departments at your university, community health centres, your local library or be purchased at most stores with an exercise/fitness department such as Walmart, or Canadian Tire, as well as from online retailers such as amazon.ca (\$10–20).

2. Other Step Counting Devices

- Participants who own or have access to accelerometers (ex. Fitbit®, Jawbone®, Nike+ Fuel band® etc.), heartrate monitors, or any other devices that can count steps, are welcome to use these during the challenge.

3. Step-Counting Apps for Smartphones

- These apps are most accurate when they are placed close to your body (e.g., in a pocket that is close on your body, etc.).
 - iPhone: Pedometer for M7-Steps, Stepz, Walker M7, Pacer, Breeze, and Moves. Check out this link to learn more: www.techhive.com/article/2456103/walk-this-way-6-pedometer-apps-for-iphone.html.
 - Android: Moves, Runtastic Pedometer, Accupedo Pedometer, Google Fit, and Noom Walk. Check out this link to learn more: www.maketecheasier.com/free-android-pedometer-apps/.

Recording your steps

First, come up with a team name and register at:

<https://docs.google.com/forms/d/11wp3ajwOFP8urjciAOyPJyH-y5Mg4fZrlvs1mrWhdKo/edit>.

Second, designate a pedometer challenge leader for your chapter who will be in charge of reminders to ensure everyone is keeping track of their steps for all 7 days and submits on time. This person can be your chapter leader, or another member of your team.

Third, the leader will share the google excel from that allows all team members to record their daily steps. At the end of the week, the leader is responsible for submitting the step log using the google submission sheet to the organizing committee.

****Special note for Pedometer Challenge Step Count Leaders:**

Please keep proof of your steps via photos, screenshots, or app data. The winners might be asked to provide this information.

At the end of the pedometer challenge, the team leader should enter all team members daily personal step counts for the week on Google Forms:

https://docs.google.com/forms/d/1kp6vKR3cf_g_Ive0ORxvzdS8wv3IF2hA8m5gyd7YyIE/edit, at the end of the challenge by March 25, 11:59 pm EST.

Contact: Jacqueline.Brown@uoit.ca for questions.



Prizes

Individual prizes:

An individual winner will be chosen and awarded \$250 to attend (COSM) Summer 2020 (TBA) OR the Canadian Obesity Summit 2019 (April 23–26, 2019 Ottawa ON). The winner will also have their conference registration. The winner will also have their conference registration fee waived. Watch for contests on social media (Twitter @OCSNPUOIT and Facebook /OCSNPUOIT) for chances to win individual prizes throughout the week.

The winning chapter will receive:

1. \$250 towards a chapter event and bragging rights for the winning OC-SNP Chapter!
2. Bragging rights for the winning OC local Chapter and certificates!
3. We will also announce the winning team(s) on the OC-SNP blog for all delegates to know how awesome you are!

Team spirit

The Pedometer Challenge is a great way to interact and connect with your chapter members, but also with other chapters across Canada. To make the Pedometer Challenge the best it can be, we are encouraging you to participate in a little friendly competition on social media. We want your photos, step counts, tips, and team spirit all over Facebook and Twitter. See below for suggestions.

Chapter leaders:

- Come up with a team name for your chapter.
- Register your chapter at this link: <https://docs.google.com/forms/d/11wp3ajw0FP8urjciAOyPJyH-y5Mg4fZrlvs1mrWhdKo/edit>.
- Remind your members to submit their individual step counts to OC-SNP as instructed.
- Use your chapter Twitter account and Facebook groups to share and retweet photos and updates from your members.
- Use your chapter accounts to Like, Share, and/or Retweet content from the OC-SNP Accounts:
 - o www.facebook.com/OCSNP
 - o www.facebook.com/events/1386084888364680
 - o twitter.com/OCSNP
- Encourage your members to also post and tweet using their personal accounts.
- Friendly competition with rival chapters is welcome!

Individuals:

- Use your personal/professional Twitter (use #SNPSteps18) and Facebook accounts to share photos of you getting your steps, updates on your step counts, and more.
- Like, Share, and/or Retweet content from the OC-SNP Accounts (see above).





Easy tips for acquiring more steps

-  1. Incorporate active transportation in your daily routines (e.g., walking, biking, etc.).
-  2. Take the stairs.
-  3. Do extra chores around the house.
-  4. Plan walking breaks during study/writing periods.
-  5. Buddy up with members of your team for a walk, run, game, or fitness class.
-  6. Park further away from building/office, mall, grocery store, etc.
-  7. Get off your bus a stop or two early.
-  8. Take a break from your work and walk in your building. Make it a point to go to the washroom on another floor. Then take the stairs there!
-  9. Plan a walking meeting.
-  10. Walk your dog.
-  11. Enjoy a stroll outside.
-  12. Put on a song and just dance!



Frequently Asked Questions (FAQs)

Q. How does a pedometer work?

A. When worn properly, the pedometer records each step you take by counting each time your hip moves up and down. It will also count other movements such as bending to tie your shoes.

Q. My pedometer rattles. Does that mean it's broken?

A. The rattling sound you hear is the suspended lever arm, which moves when you move to count your steps. Try not to shake your pedometer or it will alter your step count.

Q. Is my pedometer waterproof?

A. Unless otherwise specified, it's recommended that you take off the device if you're swimming or showering.

Q. Should I wear my pedometer every day?

A. Yes. To track your steps and progress accurately, wear your pedometer every day.

Q. Where's the best place to wear my pedometer?

A. To get the most accurate reading, place the unit on your waistband between your navel and your hip, and ensure it's lined up above your kneecap in a vertical position. Make sure that it is secure, because if it shifts at all during your walk, you won't get an accurate reading. Never put a pedometer in your pocket because it won't stay vertical and won't count your steps accurately.

Q. Where do I place my phone if I am using a step-counting app on my phone?

A. In order for your step count to be accurate, you will need to place your phone somewhere on your body (i.e., a pocket that is close to your body) and not away from your body (i.e., in a bag or purse). You can check out the website for your step-counting app for more specific information. It is also recommended that you read and follow the instructions given by the creator of the app.

Q. What if I forgot to wear my pedometer from the beginning of the day?

A. No worries! Just put your device on once you remember and count those steps moving forward till end-of-day.

Q. How many steps are recommended per day?

A. 10,000 steps/day is recommended, but keep in mind that every step counts – if this target is not attainable each day, do not worry! Make small changes to improve your step count and remember every person has their own individual target. See appendix B for more information.

Source: www.mhp.gov.on.ca/en/active-living/pedometer/faq.asp

Other key papers (10,000 steps/day for adults): www.ncbi.nlm.nih.gov/pubmed/18562971; www.ncbi.nlm.nih.gov/pubmed/14715035



Questions? Suggestions?

Please contact Jacqueline.Brown@uoit.ca if you have any questions, concerns, or issues getting started in this challenge.

Please be in touch if you have any suggestions on how we can make this competition even better!

Good luck and have fun!

Best wishes,

OC-SNP UOIT
2019 National Pedometer Challenge Organizing Committee



Appendix A – National Recommendations

National Physical Activity and Sedentary Behaviour Guidelines

For individuals aged 18–64 years, the Canadian Society of Exercise Physiology (CSEP; 2012) recommends **150 minutes of moderate-to-vigorous physical activity per day** (or 30 mins/day). In addition, it is also recommended that this age group participates in muscle and strength training activities at least 2x a week. Remember, more physical activity equates to greater health benefits!

Visit the CSEP’s website for additional information regarding national physical activity and sedentary behaviour guidelines across the lifespan: www.csep.ca/en/guidelines/guidelines-for-other-age-groups.

Recommended Step Counts and Activity Intensities

Below is a list of accumulated step counts with their corresponding intensity levels (Tudor-Locke et al., 2008):

Number of Steps per Day	Intensity Description
> 12,500	Highly active
10,000 – 12,499	Active
7,500 – 7,499	Somewhat active
5,000 – 7,499	Low active
< 5,000	Sedentary