

FAQS SHEET WITH KEY INFORMATION



Can Anyone Take Part?

Let's Walk is an inclusive workplace walking challenge, aimed at businesses, organisations, and companies across Devon.

Whether you are working from home or office based, as long as you work in Devon and enter as part of your work team, then you can take part. You will just need to create a work team or join an existing team of colleagues.

If you have difficulty walking or getting around (mobility), and you use a wheelchair, mobility scooter or walking aid you can still take part and enjoy the challenge. You can either log your contribution as steps or the number of minutes walked or actively moved.

What Do I Track? What Activities Count?

As part of the challenge, you can track and log your steps. For this year, we have also included active minutes. This means you can log how many minutes you have walked or "actively moved" and these will be converted into steps. Combined team steps will then be added to the leader board which we might also refer to as a "recognition" board.

A little change makes a big difference. You can track your steps every day and any activity which involves steps, and active movement counts, whether you are in a workplace or at home. You can also build up your steps before, during and after the working day, plus at weekends.

Try moving away from your computer screen when you can. You could make your next meeting a walking one, walk more up and down the stairs, or enjoy a brisk walk during your lunch break.

How Do I Track My Steps?

On SportSuite, the platform that runs the challenge. This will be live for you to sign up to from the 8th of February and then the challenge starts on 1st March 2021 and runs until midnight on the 31st of March.

You can track your steps however you like; either manually or using your smart watch, smartphone, or a pedometer. Once you have signed up to SportSuite through the sign up button found at www.activedevon.org/lets-walk; log into the challenge platform, register your team of 3 – 10 members then track and log your steps to take part. You can even log your steps based on how many minutes you have walked or actively moved, and this will be converted into steps.

How Many People in A Workplace Team?

Team sizes can be from 3 – 10 colleagues, whether you are home based or in an office, and your workplace can have multiple teams.

Your team score will be based on the combined number of steps you complete as a team. There will be several categories for competition winners and this year, we are encouraging teams to come up with and share their team goal and an individual pledge for a chance to win prizes. Watch out for emails and social media posts for more information.

Are There Prizes to Be Won?

There are going to be lots of challenges and great prizes to be won in recognition of your efforts including Fitbits, vouchers, and other exciting goodies. This year we will also be introducing "spot prizes". Once you sign up, we will be in touch with all the details. We will also be sharing lots of information in our [Let's Walk Facebook Group](#).

Whilst it is great to win prizes the challenge is also about aiming to complete your personal and team goals. If you achieve these, you will definitely feel like a winner! Whether or not you compete with others is up to you, the main thing is that you are walking and actively moving more and feeling happier and healthier for it!
