

Walktober Challenge

Welcome Package











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About the contest:

Dust off your comfortable walking shoes and get ready to step it up! Smart Commute Durham and Smart Commute Hamilton challenge you to celebrate WALKtober by getting outside and getting active. Log your walking trips each day using the Smart Commute trip logging app to be entered into the contest.

When: October 17 to 31, 2022

Who is eligible to join:

All employees within the City of Hamilton and Region of Durham are eligible to participate in the contest.

How it works:

Log your walking trips in your commute calendar

• Between October 17 and 31 log the total kilometres you walk or wheel daily! Use the steps to km chart (pg 5) to convert your steps for easy logging.

Prizes:

• Enter your walking trips daily using the app. The maximum entries is one (1) per day or 14 days in total. You can retroactively log your trips too.

Ways to win:

Most kilometres walked

The individual that logs the most kilometres between the start and end of the challenge will win a prize!



The individual that has the biggest increase in steps between the start and end of the challenge will win a prize!



One individual that logs at least one trip during the duration of the contest will be randomly selected to win a prize!

Log your steps for a

chance to win 1 of 3

\$75 gift cards



Instructions:

It's quick and easy top participate in the challenge! Learn how you can get started by completing the steps below!

How to get started:

Step 1: Sign up and download the app

Sign up and register by visiting: SmartCommute.ca or by downloading the app. Create at least one walking trip profile to be eligible to enter the contest.

Step 2: Enroll in the Contest

Select the contests tab from your device and select join "Step It Up Walktober Challenge"

Step 3: Track your steps

Use a fitness tracking device, app or pedometer (or odometer if you use a wheelchair) to track your steps daily. Use the steps to kilometres converter chart to help log your steps in the app. Remember to use the "Distance and Duration" function of the commute calendar to log your trips.

Step 4: Log and submit your steps daily

Submit the total kilometres you walk daily onto the app through the contest function for an entry into the contest.

Questions?

email: smartcommute@durham.ca email: smartcommute@hamilton.ca







Walking Tips Sheet:

Here are a few tips and ideas to help you get excited about walking and how easy it is to make it part of your routine!

Tips to get started:



Dress in layers so that you can adjust for weather conditions



Remember to listen to your body and go at your own pace, it is not a race!



Shift your next team meeting to an active one! Take the call outside and join while on your walk



Create a playlist or download your favourite podcast to make your walk fun!



Take active breaks to walk and get more steps in during your work hours



Park further from the entrance whenever possible to get more steps in!



Encourage your family, friends or neighbours to walk with you!



Try a daily positive walking affirmation to repeat to yourself such as" Walking makes me look and feel great!"







Converting steps into kilometres:

Use the following chart to convert your steps into kilometres. While the distance for each individual varies, depending on stride length, the chart uses an average of 32" stride length.

Steps	Kilometres	Steps	Kilometres
500	0.40	5500	4.43
1000	0.80	6000	4.83
1500	1.21	6500	5.23
2000	1.61	7000	5.63
2500	2.01	7500	6.03
3000	2.41	8000	6.44
3500	2.82	8500	6.84
4000	3.22	9000	7.24
4500	3.62	9500	7.64
5000	4.02	10000	8.05









Converting wheelchair odometer distance to steps:

Use the following chart to convert your wheelchair odometer reading into steps. The chartis based on thepremise that the average distance covered bywalking 10,000 steps withan averagestridelengthof 0.8 meters is 8 kilometres (5 miles).

Distance in meters (m)	Equivalent # of Steps	Distance in meters (m)	Equivalent # of Steps	
100 m	125	1700 m	2125	
200 m	250	1800 m	2250	
300 m	375	1900 m	2375	
400 m	500	2000 (2 km)	2500	
500 m	625	2100 m	2625	
600 m	750	2200 m	2750	
700 m	875	2300 m	2875	
800 m	1000	2400 m	3000	
900 m	1125	2500 m	3125	
1000 m (1 km)	1250	2600 m	3250	
1100 m	1375	2700 m	3375	
1200 m	1500	2800 m	3500	
1300 m	1625	2900 m	3625	
1400 m	1750	3000 m (3 km) 3750		
1500 m	1875	4000 m (4km) 5000		
1600 m	2000	5000 m (5km)	6250	





Activity conversion:

There may be times where your fitness tracker or phone may not measure your activity accurately(i.e. swimming, yoga, etc.).Using the chart below for your activity (or one similar to it), multiply the number of minutes of activity by the number of steps per minute (e.g., 30 minutes of ping pong equals 3,480steps).

Steps	Activity	Steps	Activity
232	Circuit Training	100	Canoeing
170	Bicycling	71	Bowling
131	Dancing	180	Stair climbing (light)
145	Chopping Wood	260	Stair climbing (moderate)
203	Elliptical trainer	72	Stretching
67	Grocery Shopping	203	Swimming
172	Hiking, general	116	Tai Chi
260	Hockey	87	Wash the car
101	Housework, general	87	Weight lifting (moderate)
130	Raking Leaves	174	Weight lifting (vigorous)
90	Painting walls	72	Yoga
463	Running, 10 mph (6 min/mile)	145	Aerobics (low impact)

