










2024 Walking Challenge Guidelines

- The Wellness Council's Walking Challenge will begin Monday, May 6th
- **Deadline to sign up is Friday, April 26th by the end of the day**
- Sign up is easy: send an email to: shelly.amberson@ahs.ca to sign up
- You can enter individually or in a team of five
- If you would like to be part of a team, but don't have enough to form one, let us know and the Wellness Council will assign teams
- Choose a team name and a team captain that will submit your steps
- Send in your weekly step counts to shelly.amberson@ahs.ca, each Monday morning. (May 13, May 21 & May 27 and June 3rd)
- Track your steps on the provided "Step Tracking sheet"
- Challenge is for 25 days: May 6 to May 31.
- Let's get walking

Easy tips for acquiring more steps:

-  Do extra chores around the house.
-  Buddy up with members of your team for a walk/run.
-  Get off your bus a stop or two early.
-  Plan a walking meeting.
-  Enjoy a stroll outside.
-  Take the stairs.
-  Park further away from building/office, mall, grocery store, etc.
-  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!
-  Walk your dog.

Note: this is a WALKING challenge, so steps should be counted while walking or running ONLY
(no biking, dancing, swimming, spinning, etc.)
