

### Promoting physical activity is good business

Take the steps to a healthier business with Health Project's Official 10,000 Steps® Program. The clever design of this workplace team walking challenge is a proven success for energising the workforce, enhancing teamwork and revitalising health and productivity in your office. Thousands of employees have already participated in this highly successful Program. Wearing pedometers to measure daily steps, they've achieved amazing results both at a personal and business level, resulting in behaviour change, reduced absenteeism and workplace stress and increased productivity and employee engagement.



program overview

- workplace team-walking challenge
- pedometer based
- appeals to a wide range of fitness levels and abilities
- staff from different regions and countries can complete the program

The Official 10,000 Steps® Program is a 7-10 week team based walking challenge, using pedometers to measure daily steps. It has motivating and competitive elements with an overall goal of encouraging staff to join a team, get active and complete their daily personal challenge.

### The 5 Easy Steps to the Official 10,000 Steps® Program



### 10,000 Steps® is a wellness solution that works

The Official 10,000 Steps® Program is based on scientific research that has been proven to achieve outstanding results



### **10,000 Steps® achieves high levels of employee engagement**

The clever design has wide appeal to employees of varying fitness levels. Participation is not limited by location - staff can take part whether they're spread across multiple worksites, regions or countries.

### **10,000 Steps® enhances morale and teamwork.**

Your employees will discover a workplace social support network that enhances group dynamics. The encouragement of colleagues becomes a motivating force for improving personal health and wellness and the culture of your organisation.

### **10,000 Steps® is easy to implement**

With Health Projects' experienced client service managers. Our team can flexibly administer 10,000 Steps® at your workplace. Not only do we manage all aspects of the Program, we support and motivate participants throughout the challenge, helping them to improve their personal wellbeing

### **Why take 10,000 Steps a day?**

Research has proven that to reduce long term health risks such as cardiovascular disease it's important to be physically active, and 10,000 Steps per day is a great target for adults.

### **How can you measure 10,000 Steps a day?**

Pedometer's clipped to clothing at the hip, these high-quality pedometers ensure participant motivation and enthusiasm is maintained

### **What is the Official 10,000 Steps® Program?**

Wear pedometers every day to measure their daily steps. Their challenge is to complete 10,000 Steps each day. However participants also compete in the Program as part of a team. The team's goal is to collect enough step counts over the course of the Program to plot their steps around the circumference of an online country map. The fastest team to complete the circuit is awarded a prize.