



The Team Step Challenge!



Go4Life brings you an exciting team walking challenge that's an ideal way to get active, raise money for charity and have fun with friends or work colleagues.

Your challenge is to walk to Land's End – although you won't have to actually leave North Somerset!

Land's End



Simply obtain your free step counter and walk the equivalent distance of 180 miles. Wear your step counter whenever you go for a walk and work as a team to reach the target. Keep track of your team's total steps using our progress chart.

Your step counter will help motivate you to get out and walk more knowing you have a specific goal!

Here's how it works:

- 1 Record how much you actually walk each day using the free progress chart.
- 2 Look at your average walk per day and try to increase the distance by up to 10% (anything up to 500 steps per day extra). The recommended number of steps per day is 10,000 – around 5 miles.
- 3 You may wish to use the challenge as an opportunity to raise money for a charity of your choice through sponsorship.
- 4 Once you have completed the 180 mile challenge (360,000 steps) as a group, send back the progress charts to receive some Go4Life goodies!

Health Walks in North Somerset

Go4Life has developed a collection of local groups as part of the national Walking for Health initiative. The walks are led by friendly volunteers and offer free, accessible exercise for all.

New walkers are very welcome.



Group	When	Time
Clevedon	First Tuesday and third Friday of the month	10.30am
Nailsea	Mondays	11am
Portishead	Tuesdays, fortnightly	11am
Weston	Mondays	1.30pm
Winscombe	Tuesdays	11am
Yatton	First and third Thursday of the month	2pm

For more details call the **Sport and Active Lifestyles** team on
01275 810 995 or email **sport@n-somerset.gov.uk**.

To view a full schedule of health walks in
North Somerset visit **www.nsstrollers.co.uk**

Keeping safe

Your health

If you have a potential health complication then you should speak to your GP before you start to exercise. If you feel any discomfort or pain whilst walking please stop and seek medical advice.

Walking is generally a safe activity. However try to avoid walking alone at night and take care crossing roads. If you are walking in a group it may be safer for one person to wear a high-visibility vest to alert oncoming motorists.

Almost anyone can become a regular walker. Ensure you choose sensible walking shoes and build up your distances gradually if you are not used to walking far.

Your challenge

Your target is 180 miles, which equates to approximately 360,000 steps. To give you an idea of how long the challenge will take, here's the maths:

Group of 6	5,000 steps a day = 12 days 10,000 steps a day = 6 days
Group of 10	2,000 steps a day = 18 days 4,000 steps a day = 9 days
Group of 20	2,000 steps a day = 9 days 3,000 steps a day = 6 days

Useful links

Walk It – the urban walking route planner. Find a route map between any two points, including journey time, calorie burn, step count and carbon saving. www.walkit.com

Walk England – creates opportunities for people to choose to walk, to walk more often, to walk to more places and to feel safe while doing so.

www.walkengland.org.uk

North Somerset Strollers – contains everything you need to know about health walks in North Somerset.

www.nsstrollers.co.uk

SportsAid South West – raises money for young athletes, helping the next generation of young British sportsmen and sportswomen to succeed. www.sportsaid.org.uk



Remember:

There is no time limit to complete the challenge so anyone can take part regardless of how active they are!

Walk yourself to a healthier and more active life



Walking is a fantastic way to get around – here's why...

- **It's free**
Walk to work and you can stop worrying about the price of petrol!
- **It's stress-free**
Forget about leaves on the line! The exercise reduces depression and anxiety, promotes psychological well being and reduces stress.
- **It's good for the environment**
Getting out of your car and onto your feet will reduce pollution and road congestion
- **It's sociable**
Walking provides an opportunity to chat to your friends and neighbours

As well as being a practical and cost-effective means of transport, walking is a fantastic form of exercise...

- **Get in shape**
People who need to lose weight need to burn more calories than they eat. Walking will help burn up those calories. A 60kg (about nine and a half stone) person walking at 3mph burns about 99 calories per half hour.

- **Feel full of energy**
People who exercise regularly generally have more get-up-and-go than sedentary people.
- **Look after your future health**
As well as keeping you in tip-top form now, staying active will help to prevent a whole range of health problems in the future.

(Based on 'Stride with pride: the virtues of walking', BUPA, 2010)

By taking part in this challenge you will become a member of Go4Life, which encourages and helps people in North Somerset to live healthier and more active lives. Go4Life targets adults (16+) who do not take part in 30 minutes of physical activity at least three times a week.

If you would like any further information about the challenge and/or becoming a member of the Go4Life scheme please contact the Sport and Active Lifestyles team.

Call: 01275 810 995

Email: go4life@n-somerset.gov.uk

Visit: www.go4life.org.uk

This publication is available in large print, Braille or audio formats on request. Help is also available for people who require council information in languages other than English. Please contact 01275 810 995