

# Walk for Wellness – The YSJ Staff Step Challenge

Hello, and welcome to the YSJ Staff Step Challenge - 'Walk for Wellness'.

Congratulations and thank you for registering your team!

We appreciate that now is a trying time for everyone and it can be hard to get motivated, so with that in mind we put a fun team challenge together to get people in the mood to move! Regular daily, outdoor exercise can work wonders for not only our physical health but also our mental wellbeing, and during lockdown when the days are shorter and it's cold outside, we need a bit of extra motivation to get us going.

We've all faced new challenges over the last year or so and it has taken a toll on the mental wellbeing of so many of us, which has meant that we sometimes forget to think about our physical wellbeing, so well done for taking the time to sign up! We would like to mention that this competition is just a bit of fun to help people get up and about, connect with others and work as a team with a common goal that also gives us the opportunity to move around and do something a bit different.

Below are a few rules and suggestions to outline what your team can do to make the most of the challenge:

- The competition will run for 14 days from midnight on the 21<sup>st</sup> Feb to midnight 7<sup>th</sup> March
- All participants must be staff at YSJ University.
- Teams are to have a maximum of 4 participants. If you have fewer than four and would like us to connect you with other participants, please ask and we will do our best to accommodate.
- Each team must nominate a team captain who will be responsible for submitting all results at the end of each week (team names are also welcome).
- If teams are able to submit proof of their steps (screenshot of the app used etc.) then each member submitting this evidence will earn 250 extra 'steps' each week to add to the final total.
- The challenge is an overall step total and can be accumulated from any type of daily movement or exercise, whether it be walking or running outside, a treadmill or exercise routine indoors or even just walking the dog. There are step exercise work outs on YouTube which could be useful should you find yourself in need of a few extra steps at the end of the day: [https://www.youtube.com/results?search\\_query=step+challenge+workout+](https://www.youtube.com/results?search_query=step+challenge+workout+)
- It is suggested that using a health and fitness app on your smartphone or fitbit would be beneficial, however if you do not have these products you can pick up a pedometer on amazon for a relatively low cost: [https://www.amazon.co.uk/s?k=pedometer&ref=nb\\_sb\\_noss\\_1](https://www.amazon.co.uk/s?k=pedometer&ref=nb_sb_noss_1)
- There are also apps for smartphones which can help with outdoor walking and running such as Maps.me and AllTrails to name but a few. York City does have some great urban walking but there are also plenty of green spaces in the surrounding areas (check our social media for ideas).
- We have a range of maps available as part of our Ditch Your Desk campaign to give you some ideas for how to get your steps <https://www.yorks.ac.uk/health-and-wellbeing/ysjactive/campaigns/#DitchYourDesk> If you're looking for some outdoor, physically

active home schooling ideas or activities with children the Exploring York maps contain the history of each area, landmarks and plants and animals to look out for.

- We do ask that you all take as much care as possible during the challenge, plan your route carefully, ask questions such as 'will it be flooded?' and 'will you be out in the dark?' and of course, please follow all current UK government Covid-19 guidelines.

Finally, and the bit we've all been waiting for(!)... Each member of the winning team will receive 10 free gym sessions at the Foss Fitness Suite and 10 free classes of their choice once we are able to reopen under COVID-19 guidelines. So, get stepping teams and good luck!

- The Team, YSJActive