

10,000 Steps Toward Wellness

Frequently Asked Questions

Why is the program eight weeks long?

Research shows that eight weeks is the optimal length of time for trying out a new program. Eight weeks will allow you to get a feel for scheduling exercise into your life and will enable you to see results. It takes time to experiment with new goals and schedules. Certainly, we encourage you to continue walking after the formal program ends.

Why 10,000 steps?

10,000 steps is the recommended daily step goal for a healthy adult. The '10,000 steps' goal puts a focus on the accumulation of activity across the whole day. With continual advances in technology and our workplaces becoming more sedentary, it now takes a concerted effort to make the choice to be more active.

Why do we need to use a pedometer?

This is a step based program and using a pedometer is the most accurate way to count steps. Using a pedometer can remind you to walk more. A quick check may show that you need more steps for the day. Using a pedometer can also help you set goals to take more steps in a day.

Can I walk and track minutes instead of steps?

While we encourage any increase in walking, this is a step based program. If you track minutes, you are welcome to participate but will not be eligible for prizes. Our *Active for a Healthier Life* is a minute based program offered annually in the winter/spring.

If a pedometer is required, why is one not offered to staff?

The Employee Wellness budget does not allow for a pedometer to be purchased for each of our employees. Most Employee Wellness programs do not require a financial commitment to participate; however, this program does require a pedometer. Additionally, studies show that people get the best results when they have made a financial commitment to improve their health.

What is the average cost of a pedometer?

Pedometers come in different sizes, brands, and varieties. On average they cost between \$12 and \$30, depending on how many "bells and whistles" they have. Generally, the less expensive pedometers do not work well and break quicker. For a list of recommended pedometers, please visit: http://www.bcps.org/offices/sss/employee_wellness/pdf/BB-Pedometer.pdf .

Is this an individual or team program?

This program is individual and does not require a team captain. However, we encourage participants to sign up together as success can be easier with the support of a team.

What incentives are offered?

With any health benefit program, your improved health is your lifetime reward. However, we do offer as many incentives as we can with the budget allocated. We offer at least 25 mid-program prizes and 15 end of program prizes. These prizes are randomly drawn.