

### Take the Step One CHALLENGE: Guidelines for Participation

The Cleveland County Health Department Fit Together Initiative is again partnering with the Alliance for Health and Image Marketing Group, Inc. to sponsor the community-wide walking event "Take the Step One CHALLENGE".

- Participants may form teams of **up to 6 individuals**, but no less than a **minimum of 3** individuals per team.
- Participants ages **12 and older** will receive a pedometer, but family members of all ages are encouraged to walk together.
- All participants will be given a pedometer and walking logs on which they can record their total daily steps.
- Before obtaining pedometers and walking logs, each participant will sign a consent form.
- Participants will wear the pedometer all day to track the total amount of steps taken in a single day.
- Participants will record the number of steps for each day onto their walking logs, and clear out their pedometer in order to repeat the process for the next day.
- The walking logs will be given to each participant. Participants will record the total number of steps walked into the appropriate space provided, and total up the scores for each of the 7 days to calculate the weekly total. This procedure should be repeated for each of the 6 weeks.
- The walking challenge will kick-off on **Saturday, April 25, 2009** and will conclude on **June 5, 2009**, lasting 6 weeks.
- Team captains will have until **June 15, 2009** to turn in all **completed** team walking Karma Edwards at Cleveland County Health Department (484-5139) or Anne Short at the Alliance for Health office (704-484-5112).
- Winners will be determined by dividing the team's total number of steps by the number of registered team members to derive the *average amount of steps taken per person*. **\*Note: Number of team members registered will be used regardless of how many team members complete the contest. If members drop out during the contest, please turn in walking logs for the weeks they completed. These steps will be added to the team total. No exceptions will be made to this rule.**
- The team that averages the highest amount of steps per person will win the contest.
- First, Second and Third place teams be announced publicly, and will receive prize packets.



**CLEVELAND COUNTY**  
HEALTH DEPARTMENT

**IMPORTANT INFORMATION REGARDING REGISTRATION:**

- Individuals may register by completing the registration sheet and signing the corresponding consent form.
- Team captains are responsible for gathering *all* team registration sheets/consent forms and turning them in by the registration deadline, **April 17, 2009**. Registrations will not be accepted after 5:00 p.m. on this date.
- On **Friday, April 24<sup>th</sup> from 3:00 p.m. – 7:00 p.m.** at the Cleveland County Health Department and the Kings Mountain Hospital, the team captain (or a representative for the team) may pick up the participation packet, which contains pedometers, walking logs and activity conversion charts for each team member. **Note: Team packets will be pre-assembled and will contain all necessary tools for all team members. We will not have individual team member packets. Please have ONE team representative pick up your team's packet.**
- **NOTE: There will be two pick-up sites available this year. Please indicate on your registration form which site your team representative will go to pick up your information. Your team packets will be taken to the pick-up site you indicate and will not be available at the alternate site.**
- All team members are invited to participate in a kickoff Fun Walk on **April 25<sup>th</sup> at 9:30 a.m.** at Shelby City Park. This would be a great way to kick off your walking contest and enjoy the City Park's *Merry-Go-Round Festival*.
- Please visit [www.steponechallenge.com](http://www.steponechallenge.com) for more information. For additional questions that you might have, please feel free to contact Karma Edwards or Anne Short at the following contact information below:

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