



10,000  
Steps Australia

Coordinators Resource

## Logging activity minutes vs pedometer steps

### The Pros and Cons

The flexibility and smart design of the 10,000 Steps Australia workplace challenge gives you the control to allow employees to simply log their pedometer steps, or also log their activity minutes (which are automatically converted into steps).

Each option comes with advantages and challenges for employees of all fitness levels. Here we break them down so you can tailor your challenge to engage your sedentary workers and fitness fanatics alike.

#### What are the advantages of logging activity minutes?

There are advantages of logging activity minutes for both active and inactive employees.

- **Active employees** already involved in activities like swimming and cycling can send their step count soaring. This gives them a healthy leg up in the step count stakes – often averaging 20,000 steps plus a day.
- **Inactive employees** may be inspired to explore new activities to boost their step count. They might pick up a tennis racquet, ride to work or join a gym class.

#### What are the challenges of logging activity minutes?

Activity minutes can also prove a challenge for active and inactive employees.

- With exercise already a part of their routine, **active employees** tend to ignore opportunities to increase their activity throughout their workday – and many are off and racing before walkers have left the starter's block.
- Active employees also have a fighting chance of reaching the end point and claiming the trophy well before the desired finish time.
- **Inactive employees** may feel daunted by active workers achieving high step counts and be discouraged from putting in their greatest effort to conquer the 10,000 step milestone.

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## Logging activity minutes vs pedometer steps continued

**But, you as the coordinator can level the playing field!**

*Put these tips to use and you will have all teams well-matched and on each other's toes:*

- Strike a balance between active and non-active employees when organising teams. This will ensure a team of triathletes led by a peloton of lycra-clad cyclists will not leave their colleagues in a cloud of dust.
- Encourage team members to focus on finding more steps during their workday. If you keep the emphasis on being active in the workplace, staff have the opportunity to build up to 10,000 steps without having to dedicate large chunks of time to 'exercise'.
- Decide before your challenge starts what activities, if any, will be allowed to be converted into steps. 10,000 Steps Australia offers you a detailed list of 'activities' to select from, such as swimming, cycling and aerobics, as well as varying intensity levels.
- Finally, promote the pedometer as the team members' 'hero'. It is their walking buddy, feedback coach and umpire all in one neat package.

### **What to do when you're spoilt for choice**

The 10,000 Steps Australia workplace challenge is customizable and offers a smorgasboard of options to cater to your workplace. You really are spoilt for choice! However, you know your workplace best, so just let us know your needs and we'll make it happen. Alternatively, should you require further advice, our friendly team of walking professionals is on hand to advise you. Please [contact us](#) for more information or to request a live demo.

### **About**

10,000 Steps Australia is a pedometer workplace challenge that is uniquely on demand and customizable. Our walking experts have combined intelligent design with up-to-the-minute technology to create an interactive step challenge that inspires employees to be active, and provides coordinators with a turnkey solution to running a successful corporate wellness program. If your organisation is interested in taking up the challenge, contact us for a [live demo](#).

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