

## STEP COLLECTOR CHALLENGE 2023

Take a step for your wellbeing!



The Step Collector Challenge is a playful exercise challenge, whose purpose is to encourage participants to make choices that increase physical activity.

The step collection takes place for two weeks: September 11-24, 2023.

People of all ages and fitness levels can participate in the Step Collector Challenge. The main focus of the challenge is to promote an active lifestyle and to compete against oneself.

### DIVISIONS

General individual division

General team division

+65-year-olds, individual division

+65-year-olds, team division

In the +65-year-olds' divisions all participants must be at least 65 years old or turn 65 during the year 2023.

The general divisions are meant for participants of all ages.

People who use mobility aids (e.g. wheelchair, leg prosthetics) can also participate in the Step Collector Challenge. A fitness tracker/smartwatch you wear on your wrist also works great to measure the activity level of a wheelchair user.

**The registration for participants is open until September 11, 2023.**

**Register by filling out [this form](#) (you can change the language to English at the top of the page)**

### RULES

A Step Collector Challenge team can have 2-4 persons in it. The same participant can only be a member of one team. If needed, for example due to illness or injury, a team member can be replaced by another person. When reporting the results, it is important to report the final members of the team.

You can only participate in the Step Collector Challenge in the individual division or team division.

### REPORTING THE NUMBER OF STEPS

There will be a form [on our website](#) where you can report your results.

The contact person of the team or the individual participant reports the number of steps collected by their team/themselves for the whole two weeks with one report.

**The number of steps collected must be reported by Sunday October 1, 2023 by 23.59.**

The organizer does not publish interim results.

The final results will be published on our website [www.tul.fi](http://www.tul.fi) on Monday October 9, 2023 at the latest.

### HOW TO COUNT STEPS

The number of steps will be measured DAILY using your pedometer, fitness tracker/smartwatch or a step counter app on your phone. The team itself is responsible for making sure the results are reported on the form. The contact person of the team is responsible for reporting the results.

#### Counting steps

1. Using a **pedometer or fitness tracker/smartwatch**
2. **Using an app on your phone** (download from, for example, Google Play or Apple Store). When using a phone app, always remember to turn on your app when being active.
3. **By estimating the length of your step.** The average step length is about 70 cm. You can make a more precise estimate by using your height: for women, it's 0,413 x your height, and for men, 0,415 x your height. Based on your height and the kilometers walked, you can count the number of steps in the following way: If your step length is, for example, 70 cm, and you've walked 7 km (7000 m), the number of steps walked is  $7000:0,70 = 10\ 000$  steps.