

## STEP COMPETITION 2024

### *Take steps to your health!*

The annual step race is now step weeks. The aim of the step competition is to be a good-spirited exercise event and to encourage the participants to make choices that increase daily activity, and to illustrate the effect of small everyday changes on the daily amount of exercise. During the competition, participants collect steps on commutes, in hobbies or even on shopping trips as teams or individuals, competing against themselves or each other.

Increasing your own activity is more important than winning. If the participant wishes, the results will not be published on the results lists.

Steps will be collected for two weeks between **September 9th and 22nd, 2024**.

People of all ages and fitness backgrounds can participate in the Step Weeks. The focus is on promoting your own physical lifestyle.

### DIVISIONS

- General individual division
- General team division
- +65-year-olds, individual division
- +65-year-olds, team division

In the +65 division, all participants must be at least 65 years old or turn 65 in 2024. Youths can participate in general division.

People who use a mobility aid (e.g. wheelchair, leg prosthesis) can also participate in the different series of step weeks. An activity tracker and/or heart rate monitor worn on the wrist is suitable for people using wheelchairs to measure activity.

**Register no later than Monday 9th September 2024.** [Register with this form.](#)

### RULES

The step weeks team can consist of 2–4 people. The same person can only be a member of one team. If necessary, another member can be added to the team, e.g. in place of a sick person. When announcing the results, it is important to announce the latest composition of the team.

### REGISTRATION OF STEPS

[Our website](#) has a form for reporting results. The form opens on Sun 22nd September 2024.

The team's contact person or the person registered for the individual race reports their own/the team's accumulated number of steps once for the entire two weeks.

**The number of steps must be reported by Sun 29th September 2024** at midnight at the latest. We do not publish interim results. The final results will be published on our website [www.tul.fi](http://www.tul.fi) no later than Monday 7th October 2024.

## HOW ARE STEPS MEASURED?

The steps are measured DAILY either with your own pedometer, activity tracker or with applications downloaded to your phone. The team itself is responsible for announcing the results using a team-specific electronic form. It is the joint person's responsibility to report the results.

### Calculating steps:

#### 1. Using a pedometer or activity tracker

**2. Smartphone applications** (e.g. downloadable from Google Play). When using the phone app, remember to turn the app on every time you go.

**3. By evaluating your own stride length.** The average step length is approx. 70 centimeters. You can calculate a more accurate step length for yourself based on your height: for women it is  $0.413 \times \text{height}$  and for men  $0.415 \times \text{height}$ . Based on your stride length and kilometers walked, you can calculate the number of steps walked as follows: if your stride length is e.g. 70 cm and you have walked 7 km (7,000 m) during the day to work, the number of steps walked is  $7,000:0.70 = 10,000$  steps.