

1st — 31st October 2012

Walktober Guidelines

Register a workplace team of at least 2 people

Challenge your team to **Walk, Jog or Ride for at least 10 minutes each day.**

Compete against teams at your own and other workplaces.

What type of exercise can be included?

- Exercise can include walking, jogging/running, bicycle, stair climbing or gym equipment (treadmill, bicycle, rower or cross trainer).
- Exercise must be of at least 10 minutes continuous duration.
- Other examples of exercises = lunch walk, gym equipment before/during a break/after work, park and walk to work, etc.
- Some work places have bicycles available for use to attend meetings outside the workplace, please negotiate use with your employers.

When can I do Walktober exercise?

- Exercise must be done in personal time that is adjacent to work time including before, break-times or after work. Any exercise done during paid work time must be negotiated with employers e.g. walk and talk meeting, walk to meetings instead of driving.

What makes a team?

- Teams may consist of at least 2 people.
- Bonus points will be given for each team member over the age of 50.
- Bonus points will also be given if an activity is performed with a team member.

What is the Team Leader's Role?

- Team Leaders will be responsible for collating and submitting team stats on a weekly basis.
- A spread sheet will be provided to team leaders to help them collate stats and then these results will need to be entered into survey monkey, more details and links will be provided on registration.

To register your team email: Emma Shannon
emmashannon@cvha.com.au Ph: 54725333

DISCLAIMER

Please note that Central Victorian Health Alliance and its partner agencies cannot be held responsible for any loss, injury or damage caused while taking part in the Walktober Challenge. Team members enter this challenge certifying that they are medically able.



Healthy Active Living
in Mount Alexander



Central Victorian Health Alliance
Primary Care Partnership