

City of White Rock Every Step Counts Activity Challenge Frequently Asked Questions

Q: What is the Every Step Counts Activity Challenge?

A: The City of White Rock is challenging residents to get 20% more active by 2010. Each season, White Rock designs a new activity challenge to help motivate our community to live an active, healthy lifestyle. In the spring, we walked to Whistler. Watch for new challenges in our [Leisure Guide](#).

Q: Who can participate?

A: Anyone who is interested in increasing their physical activity.

Q: Where is the best place to wear a pedometer?

A: Clip the pedometer to your waistband as close as possible to the top point of the hipbone and ensure that it is vertical. Pedometers must remain upright to record correctly, not tilted forward, backward or side-to-side.

Q: How much does it cost to register?

A: Registration is \$5. When you register you will receive a welcome package all the information you need to get stepping. If you don't already have a pedometer, pedometers are available while supplies last for an additional \$5.

Q: How do I log my steps and track my progress?

A: Log your steps online at www.activitychallenge.ca using the Activity Tracker.

Q: How many steps a day do I need to take?

A: Most people walk 4,000 - 6,000 steps in an average workday. Boosting that to 10,000 steps a day (about 5 miles or 8 kms) can promote better health – but it might be too much for some of us. For example, healthy older adults are advised to walk about 6,000 - 8,500 steps per day, while people with disabilities and chronic diseases might be more comfortable walking 3,500 - 5,000 steps per day. For a more frail, elderly or chronically ill adult, the number of recommended steps depends on how they feel. These are only guidelines: every step counts!

Q: How to I get the best use of my Pedometer?

A: Remember to wear your pedometer daily. Keep the pedometer vertical to get the most accurate readings. Record the number of steps each day online with the Activity Tracker.

Q: Is there anything I shouldn't do with my pedometer?

A: Yes. Please don't get the pedometer wet – swimming is not an approved pedometer activity. Please refrain from vigorously shaking your pedometer or putting the pedometer in your pocket. It will not accurately record you steps.