



## STEP CHALLENGE



### PURPOSE

The purpose of the Healthy Hauler Step Challenge is to provide BC's log haulers with an opportunity to become more active in an easy, fun, and inexpensive way. Walking has extensively been shown to benefit overall health by lowering blood pressure and cholesterol, improving weight management, reducing stress, and elevating mood. We know that a healthy workforce is a happier, more productive, and SAFER workforce.

### IMPORTANT INFO

- ❖ Challenge starts October 15, 2013 and will end on November 14, 2013
- ❖ Check your pedometer to ensure it functions properly. If not, please contact us
- ❖ Wear your pedometer throughout the entire day (except in the shower)
- ❖ Log the number of steps you took each day on the Weekly Log Sheet
- ❖ Send us your numbers each week by email or telephone
- ❖ Keep it up for the full month!

### TIPS

- ❖ Wear your pedometer on your waistband just in front or behind your hipbone. You may need to play with the location until you find one that works best for you
- ❖ Do not shake the pedometer
- ❖ Record your data each night before bed; then reset your pedometer to Zero so you are ready to begin the next day
- ❖ Set small goals for yourself. For example, try to increase by 500 steps, walk around truck 3 times a day, or set a distance you would like to complete
- ❖ Walk whenever you can. Park at the far end of the parking lot or walk around your truck twice at the scales (if safe to do so)

**Only 1 Rule: Use the Honour System...No Cheating!**

### ★ DISCLAIMER

As a participant, you should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge BC Forest Safety Council from any and all claims or causes of action, known or unknown, arising out of BC Forest Safety Council negligence. **The BC Forest Safety Council recommends you consult your physician before beginning any exercise program.**