



Title: Step Challenges in the Library at NUI Maynooth

Subject: Promoting Health & Fitness

Overview: The Irish Heart Foundation runs a Step Challenge programme, whereby participants are encouraged to walk 10,000 steps per day. The Step Challenge is a national initiative and the aim is to promote fitness and wellbeing in the workplace. More details are available at:

<http://www.irishheart.ie/iopen24/>



How it Works?

- Member of library staff researched the initiative, attended a briefing session and took on the role of coordinator
 - A steering committee to oversee the process was established in the Library
 - Expressions of interest invited from library staff
 - Pedometers recommended by Irish Heart Foundation were purchased
 - Interested staff were required to complete a survey to determine current levels of fitness
 - Participants were divided into groups and a five week cycle established for each group
 - Participants were mentored and monitored by the coordinator
 - Participants were encouraged to take part in the already established Walk on Wednesday (WOW) Club in addition to walking more at all times
 - Participants recorded their daily steps in record sheets provided by the coordinator and aimed to increase their average daily steps
 - Participants who successfully completed the five-week cycle were awarded a certificate from The Irish Heart Foundation

Impact!

- The Step Challenges helped to motivate staff to strive to become more active
- The Step Challenges encouraged staff to engage with each other on a different level to that experienced in work encounters
 - The Step Challenges alerted people to the importance of being active
- The five week cycle established the habit of walking more, which is being maintained by most participants after the completion of the Step Challenge
 - It was fun!

