

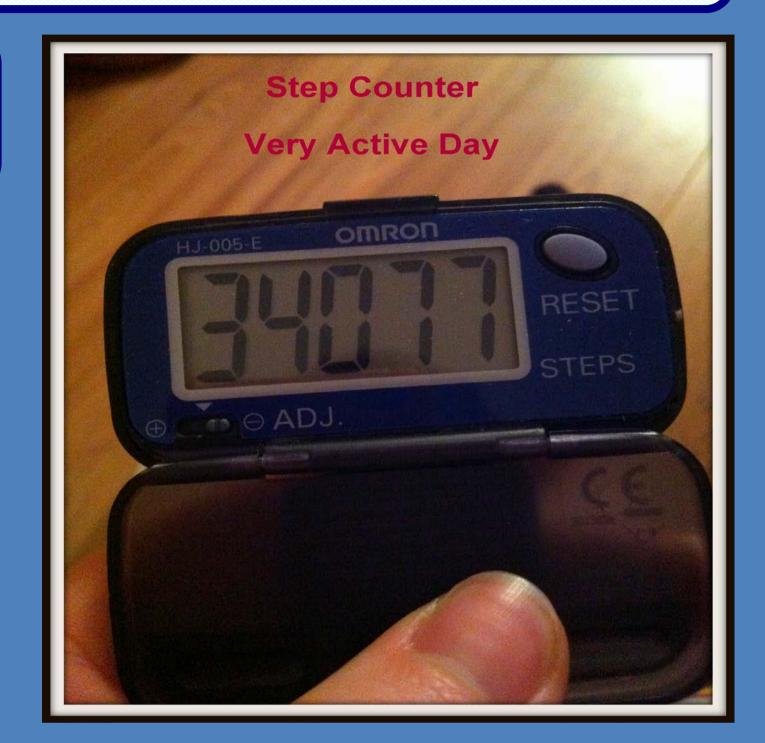
NUI Maynooth Teaching and Learning Showcase 2012/13

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 encourage 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!