



**WORKPLACE
CHALLENGE**
HAMPSHIRE & IOW



New to the 2015 Walking Festival is the Isle of Wight Workplace Walking Challenge. In partnership with the Isle of Wight Chamber of Commerce and the Isle of Wight Council Public Health Team, all Isle of Wight businesses, whether big or small are invited to compete in the Isle of Wight Workplace Walking Challenge.

The Walking Challenge will map participants daily steps over a period of eight weeks starting on Monday 4 May and finishing on Sunday 28 June. The aim is for teams to increase their daily steps over the eight weeks, and each team's percentage increase in steps will be followed over the challenge period. The team who has the biggest percentage increase in their weekly steps will win the challenge. The winning team will receive a pair of Hi-Tec walking boots for each of the five team members and an annual One Card Silver membership for the use in Isle of Wight Council leisure centres and facilities.

Free pedometers will be given to every member of each team that register. Teams will be able to log their steps on the challenge website and the leader board will be emailed weekly.

To register your team email: walkingchallenge@isleofwightwalkingfestival.co.uk and we will send you full instructions on how to log onto the Workplace Challenge website and reserve your free pedometer.

LAUNCH DAY - 2 MAY

All Workplace Walking Challenge teams are invited to the launch at Northwood Park, 10am to 3pm, where you can collect the team pedometers.

This event will also give you the chance to do a little team bonding, meet your competitors and boost team spirit. Alternatively, if you are unable to attend, pedometers can be collected from County Hall reception, Newport, Isle of Wight.

