

# **Pedometer Lending Program for Communities & Workplaces**

## **A Toolkit**



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# WELCOME TO OUR Pedometer Lending Toolkit!

This toolkit includes all the resources you need to organize a six-week pedometer program in your community or workplace.

Walking in a group is a fantastic way to stay motivated and keep you physically active. By walking briskly for 30 minutes each day, or a minimum of 150 minutes each week, you can improve your overall fitness, health, and mental well-being.

**In this toolkit you will find:**

## **1) Introduction: Physical Activity and Pedometer Use**

### **2) Sign-up & Log Sheets**

- **Pedometer Sign-up Sheet** – This is the sheet you will use when pedometers are lent out to participants. It requires participants to sign accepting responsibility for the pedometer. It helps you keep track of who has the pedometers and when they are returned.
- **Let's Get Active One Step at a Time Information Sheet** – This information sheet provides valuable information to help participants set their personal goals.
- **Let's Get Active One Step at a Time Log Sheet** – This log sheet allows participants to track their success. Each participant who receives a pedometer should receive a log sheet.

### **3) Promotional Materials and Messages**

- **Sample Promotional Poster** – This will help you advertise the pedometer program. Try posting it in a high traffic area or attaching it to the minutes of a meeting.
- **Sample Promotional Pay-Cheque or Email Attachments** – These will help you advertise the pedometer program. Send these out a few times before you hand out the pedometers. Please add your contact information on the back page. You can email them to potential participants or print them and attach them to pay-cheques.
- **Motivating Messages** – These messages were designed to encourage people to be physically active. You can email, voicemail, post, or read the messages once participants have received their pedometers to keep them motivated to use them. Try to send out a message each week. This is also a great opportunity to encourage participants to contact you with their questions or concerns.

#### 4) PAR-Q & You

This is a [self-assessment](#) that will help participants decide if they should consult a doctor before they begin to increase their level of physical activity. If participants answer yes to any of the questions, they should consider consulting their doctor before they start becoming much more physically active. Please encourage your participants to complete this self-assessment for their personal use.

#### 5) Feedback Forms

- [Leader Evaluation Form](#) – Please complete this form once your pedometer lending program has ended. Return it when you return the pedometers and the binder.
- [Participant Evaluation Form](#) – There is a space on this form to remind participants where and when to return their pedometers. Please return the completed forms with the pedometers and Leader's Guide.

#### 6) Additional Resources

[Canadian Physical Activity Guidelines](#) - These guidelines provide Canadians with evidenced based recommendations for leading an active lifestyle. They can be downloaded from [www.csep.ca](http://www.csep.ca).

[Walk This Way! A Guide to Stick With It!](#) - Walk this way is a self-help kit that has been designed to help people age 20 and over become more active by adding walking into their daily routine.

[Belleville Recreation Trail Map](#) - This resource provides a map of the local trails with descriptions of surfaces and suitability for various physical activities, such as walking or snowshoeing.

[Quinte West Trails](#) – A list of natural and groomed trails of various terrains throughout Quinte West.

[Prince Edward County Trails](#) – A list of trails with maps for walking throughout Prince Edward County.

[Tour the Trails: Eastern Ontario Adventures](#)

This resource provides a map of all the trails in Eastern Ontario and indicates their suitability for various activities including: walking, biking and cross country skiing.