

UQ Winter Wellness Challenge – Information Pack

Calling all UQ staff and
students.....

Enhance wellbeing!
Enhance connectivity!

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Welcome to the UQ 10,000 Steps Winter Wellness Challenge!

During this unprecedented pandemic of COVID-19, it is extremely important to remember that finding ways to be active will support your mental and physical health. Currently, the advice is that walking in your neighbourhood, being respectful of physical distancing is OK and activity at home is absolutely encouraged!

Every minute of activity will add 100 steps and every 10 minutes will add 1,000 steps to your day!

While you will be in teams, you won't be competing against other teams - let's face it, some people can get up to 10,000 steps by lunchtime and some of us take a lot longer. The goal for this challenge is to increase the number of steps YOUR TEAM does weekly over the course of the six-week challenge. This is a fun and easy way to support your physical and mental health and encourage each-other at the same time.

10,000 Steps encourages you to stay active

1. Have a positive mindset.

Let's all be inspired by the Australian Physical Activity Guidelines which recognises that doing any physical activity is better than none. Finding opportunities throughout your day to move, it may not be what you are used to but every step and minute counts towards maintaining your physical and mental health.

2. Get motivated.

How do you feel after you get outside for a brisk walk or do some activity at home? Joining the UQ Winter Wellness Challenge can help keep you motivated and on track.

3. Track your steps.

Find a daily number of steps that suits you and decide how you can reach that goal each day. [Record your steps](#) on our website or mobile app and watch your graphs grow! If you don't have a pedometer or activity tracker, use your Health app on your smartphone.

4. Walk together virtually.

Sometimes having an activity buddy makes all the difference. Connect with your [friends](#) on the 10,000 Steps website to check their progress and get a team together to walk together in the UQ Winter Wellness Challenge.

5. Walk your dog.

There is likely to be a lot of happy pups out there who are loving having their owners at home! Take a mental and physical break by [taking your dog](#) for a walk in your neighbourhood. Brighten someone's day with a smile and enjoy the wonderful weather.

6. Play with the kids.

If you have kids, they will be missing their sport and playtime as much as you, so find ways to be active together. Take this extra free time to be present, jump on the trampoline, make obstacle courses, go for a walk or run or find some free exercise videos to give a go. Any activity that increases your heart rate will benefit your health!

7. Follow 10,000 Steps on [Facebook](#), [Instagram](#) and [Twitter](#).

Keep up to date with the latest from the 10,000 Steps program and to be reminded of positive messages, new Challenges and activities that you can be involved in to keep motivated and stay active.

If you haven't already, [Sign Up](#), so you can participate in the **UQ 10,000 Steps Winter Wellness Challenge!**

Registering for the Challenge

New Members

How to Register

1. Go to the 10,000 Steps website and select Sign Up or click here - <https://www.10000steps.org.au/accounts/signup/>
2. Enter your details to create your own account, we encourage you to use an organisational email address if you are part of a workplace group. Please note down your password as you will need it to login.
3. Select that you would like to register as a participant.
4. You will be asked to verify your email address by checking your emails and clicking on the link provided.
6. Your account will now be active and you can access your [Dashboard](#).

Accessing the Tournament

Before you can access the Tournament, your Team Captain will need to add you to your team.

I have created an account but haven't received a confirmation email:

This can occasionally be an issue with some email addresses. It may take a couple of days for a confirmation email to appear in your inbox but be sure to check your junk email folder.

Existing Members

Your Team Captain will need to add you to your team before you can access the Tournament.

If you are an existing member of 10,000 Steps, login here - <https://www.10000steps.org.au/accounts/login/>

Team Captains

What is the role of Team Captain?

Team Captains are responsible for:

- registering their team's details with the Tournament Coordinator (Wellness Team; uqwellness@uq.edu.au)
- encouraging their team members to register with the 10,000 steps website
- ensuring members are wearing their activity tracker and recording their steps
- viewing team progress online and managing the team members

Accessing the Tournament

You need to send your registered email address and team name to the Tournament Coordinator.

The Tournament Coordinator will create your team and appoint you as a Team Captain.

You will receive an automatic email when you have been added as the Team Captain.

You will then be able to access the Tournament by clicking on the Tournament card on your Dashboard if has already started. If your Tournament has not yet started, click on the View Tournaments Dashboard card where you will be able to view your Upcoming Tournaments.

Adding Team Members

Your team members will need to be registered before you can add them into the team.

You can add them to your team by entering their registered email address, this is the unique identifier which connects their individual account to the Tournament. Once a team member has been added to the team, any steps logged within their own account during the Tournament timeframe will contribute to the total team steps.

Instructions:

[Adding Team Members to an Upcoming Tournament](#)

[Adding Team Members to a Current Tournament](#)

FAQs

Can students and staff participate?

This challenge is for the entire UQ community 😊. Chat with your friends and colleagues and get a team of up to 10 people together. Choose a name for your team and select a Team Captain. As soon as each individual team member registers, the Team Captain creates the team in the tournament.

Do I need to be really fit to join the challenge?

Not by any means – we are hoping to encourage enhanced physical activity levels for all staff and students.

Every minute of activity will add 100 steps and every 10 minutes will add 1,000 steps to your day! We want to help you to enjoy a healthy, active lifestyle during these challenging times.

[UQ Sport](#) has created the [Stay Active. Keep Connected](#) virtual program.

How long does the challenge go for?

The Winter Wellness Challenge will run for 6 weeks, beginning on 1 June and ending on 13 July. Registration is open from 11 May.

You can also register once the challenge has begun! Just remember to log your steps through the 10,000 Steps website.

Do I need to form a team?

Yes, you need to have a Team Captain and can have between 5 and 20 team members. The challenge is focussed on each team's 'step increase' over the six weeks.

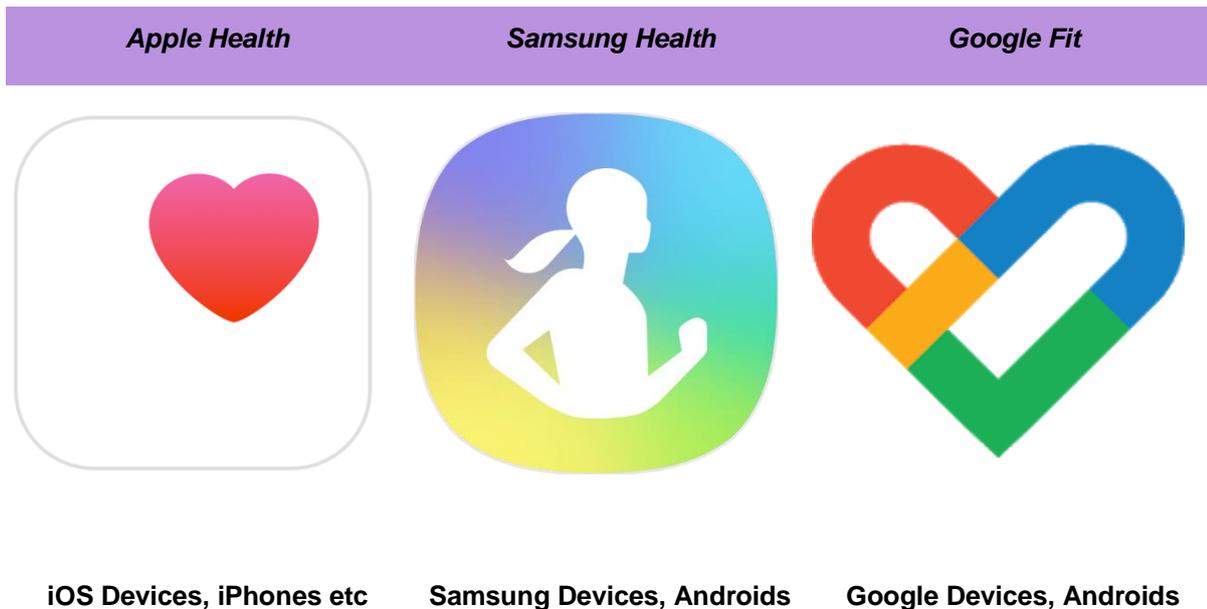
How do I measure my steps?

There are numerous ways to measure your steps for the tournament:

- Fit-bit, Garmin or similar fitness trackers
- Smart watches

- Pedometers
- Step Counters (Freely available on the App Store and Google Play Store for smartphones)

If you own a Samsung or iPhone, there are already built-in applications on your phones that accurately measure your steps daily. Use the graph below to find the best application for your device:



Are pedometers provided to participants?

No, the UQ HSW Division is unable to provide pedometers.

Pedometers are available for purchase from the 10,000 Steps website:
<https://www.10000steps.org.au/pedometers/>

Can I sync my activity tracker?

The 10,000 Steps program can connect with Garmin and Fitbit devices.

For further information, you can visit the website support section:
<https://www.10000steps.org.au/support/faqs/can-i-sync-my-activity-tracker/>

How do I log my steps?

To contribute your steps during the Challenge you will need to log steps in your own online 10,000 Steps account. Only steps logged since the start of the Health Challenge will contribute to your team's total. It is your responsibility to be actively involved and regularly log steps on the 10,000 Steps website.

To log your steps for the day, click on the plus sign on the Dashboard and enter the number of steps you have walked or the activity in minutes. Alternatively, you can click on the Step Log button on your Dashboard which enables you to enter steps and activity in minutes for numerous days. Entering activity in minutes will add the estimated step conversion onto your daily total, increasing your step count.



Can I enter physical activity other than steps?

Yes. The Step Log allows you to enter your minutes of physical activity as either 'moderate' or 'vigorous'. Just keep track of how long you swim or cycle and the step log will convert this data to steps. You don't need to add minutes AND step count for the same activity though.

Is there a 10,000 Steps Mobile App?

There is a mobile app for Apple devices available from the Apple Store by searching "10,000 Steps". You can download the 10,000 Steps application for your Apple devices to enable the easy recording of steps. Using the application, participants can log steps and activity in minutes on the app which is then synced to the 10,000 Steps website. You can also view your step statistics, Tournament and Challenge details.

How can I view my team's progress?

The Tournament will be available on the Dashboard where you can select "View Tournament" for more information. You can view the leaderboard ranking of the teams. If the Tournament has been completed, it will be archived in your Past Tournaments section of the View Tournaments Dashboard card.

<https://www.10000steps.org.au/support/tournaments-support/viewing-team-progress/>

Contacts and support

Tournament Coordinator: HSW Division Wellness Team – uqwellness@uq.edu.au

[10,000 Steps On-line Support](#)

Contact details

UQ Wellness

T +61 7 336 51516

E uqwellness@uq.edu.au

W uq.edu.au

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