

# Walking Works! Frequently Asked Questions

## What is the “Walking Works!” challenge?

The “Walking Works!” challenge is a fun, friendly walking competition between County of Fresno departments and the County of Tulare. The challenge is a great opportunity to increase your physical activity and find support and motivation from your coworkers. Participation is voluntary.

## How do I sign up?

No sign up is required to participate.

## How do I participate? How do I track my steps?

All you need to do to participate is walk (or engage in any kind of physical activity) and track your steps. You can track your steps with your smartphone (download a free pedometer or step counting app) or track your steps with a fitness tracker or pedometer. If you don't have a smartphone or fitness tracker, contact your department's wellness champion to request a free clip-on pedometer.



## How do I report my steps?

Employees will be sent an email containing a link to an online survey each day of the competition where they will report their steps. The survey is short and very simple to complete.

## I forgot to report my steps one day, what do I do?

The online survey will allow participants to add steps for each day of the challenge. If you forget to report your steps for a day, simply enter them the next time you go online to complete the survey. All steps must be reported by noon on Monday following the end of the competition to be included in the final results.

## I have never tracked my steps before. Do you have any tips?

Remember to wear your device (smartphone with installed app, fitness tracker, or pedometer) each day of the challenge to track your steps. If you are using a clip-on pedometer, clip the pedometer to your clothing at the hip. Do not hook it on the front or back of your pants, on your shoe or inside your pockets as this will provide an inaccurate reading.

## I participate in exercise activities besides walking. How do I track this activity?

Use this [exercise conversion chart](#) to convert your time spent doing activities such as swimming and cycling to steps.

## I am physically unable to walk. Can I still participate?

Yes. Please use the [exercise conversion chart](#) to convert your time spent doing other activities such as yoga, stretching, swimming, etc. to steps.

## How do I get entered into the Walking Works raffle to win prizes?

When you report your steps online, your name will automatically be entered into the Walking Works raffle.