



## FREQUENTLY ASKED QUESTIONS

### ***1. 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 Fresno, County of Tulare, City of Tulare and the City of Ceres. The challenge is a great opportunity to increase (or maintain) your physical activity and find support and motivation from your co-workers while doing so. Participation is voluntary and the competition will go from **May 20 through May 24**.

### ***2. What do I do to participate?***

Contact your department liaison or Employee Benefits at (559) 600-1810 for a free pedometer.

### ***3. What resources will I receive for participating in the “Walking Works!” challenge?***

Participants will receive a FREE pedometer (while supplies last) to keep track of their steps.

### ***4. How do I report my steps?***

Participants 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.

### ***5. 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 Tuesday, May 28<sup>th</sup> to be included in the final results.

### ***6. I have never used a pedometer, do you have any tips?***

Remember to wear the pedometer each day of the challenge to track your steps. To keep track of the pedometer, store it in the same place each night and fasten it to your clothing first thing each morning. 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. Pedometers that are crooked, tilted or worn in the wrong direction will provide inaccurate results. Do not wear your pedometer while sleeping, as this may cause damage.

### ***7. I lost my pedometer, what should I do?***

Contact your department liaison and ask if there are any replacements available. If you own a Smartphone, there are many “free” apps that act as a pedometer. For example, iPhone users may download “Free Pedometer” and Android users may use “Pedometer” as an app that tracks steps and even maps your route.

### ***8. I participate in activities other than walking; do I have to remove my pedometer?***

No, we recommend you wear your pedometer all day long. Although we do not offer resources to convert other physical activities (e.g. running, biking, dancing, etc.) to steps walked, the goal of this challenge is to increase your physical activity. Therefore, we encourage you to wear your pedometer as you move throughout the day, and watch those steps add up!

### ***9. Are there any resources available to help me live healthier?***

Delta TeamCare, the County’s health & wellness vendor, offers free health coaching. If interested, please contact Delta TeamCare at (866) 724-0032 or email [teamcare@delapro.com](mailto:teamcare@delapro.com).