Pedometer Challenge FAQs

Can I join as a single participant? Or create a team of 2 or 3 participants?
Ideally, you find a group of 5. If you just cannot find a team of 5, you cannot be entered to win any of the “team prizes”, but can still be eligible for individual prizes.

Can I use my own pedometer or fitness tracker?
Yes! As long as it counts steps. We strongly recommend you use your own as we have a limited amount of pedometers.

What if the pedometer I borrow from Health Promotion breaks, or if I lose it?
If you break it or lose it, you will need to buy yourself a new one to continue the challenge. You do not need to send us the new one. Please send us the broken one at the end of the challenge with the other pedometers.

What if my pedometer doesn’t work?
First, read the How to wear a pedometer document to make sure you are wearing it correctly. If the pedometer you borrow from Health Promotion still doesn’t work, we can send you a new battery or a new pedometer, if availability allows.

If I am an OUTCAN participant, who do I contact to get my Pedometers?
Contact Todd Cirka, OUTCAN Physical Fitness Programs Coordinator at Todd.cirka@forces.gc.ca

Can I use a conversion chart?
Yes, we have created a conversion chart which includes conversions for cycling, rollerblading or swimming. They are the only activities that are accepted. Walking is strongly encouraged for the duration of this challenge.

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Do we keep the pedometers after the challenge?
Nope! We need them for next year. If you love using it, buy one!

Who can participate?
Anyone that works in the Defence community (Military and civilians). If you are short participants for a team, a spouse or adult family member of a military person can participate.

Can I register more than 1 team of 5?
Yes, you can register as many teams of 5 as you want.

Does our team of 5 have to be all from the same building?
No. Your team can come from anywhere in the National Capital Region.

Do I need to walk and count my steps on evenings and weekends too?
Yes, the more steps you accumulate, the better your chances are of winning a prize.

Are the pedometers good quality?
Yes. We get them from Piezo from Steps Count.

When will the winners of the challenge be announced?
All the results should be entered by 8 June. The winners will be contacted and announced on our website shortly after.

How do I get a prize if I win?
If you win a prize, you will be contacted by Health Promotion. We hope that you can come claim your prize at the Pedometer Challenge Recognition and Awards ceremony on 19 June from 1000 to 1130 hrs at the RCAF Mess, 158 Gloucester St., Ottawa. Mess to get your prize. If you cannot be there, you can send someone from your team to collect it for you. If you or your team
cannot attend, we can send you your prize by internal mail or you can come pick it up at the Health Promotion Office.

**Why should I check Facebook during the challenge?**

We will be posting great motivational tips, fun pictures, stories and updates. [Join us on Facebook!](http://www.pspottawa.ca/promotionsante)