

# Move4Matt Pedometer Challenge

Leicester City Council, NHS Leicester City, [3X30](#) and the [Matt Hampson Trust](#) have joined forces to challenge staff to take a 'step' forward on route to leading a more healthier lifestyle.

The Pedometer Challenges are in conjunction with the 3x30 Pledge Campaign, a campaign that hopes to help reduce the number of inactive adults in the city by promoting a sensible approach to exercise. Anyone who signs up to a '3x30 pledge' – a commitment to do at least three 30 minute sessions of physical activity per week – will be rewarded with discounts at leisure centres and incentives such as t-shirts, exercises DVD's, pedometers and much more.

For more information or to make your pledge visit the website [www.leicester.gov.uk/3x30pledge](http://www.leicester.gov.uk/3x30pledge)

**'There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs, it's good for your feeling of wellbeing. Walking is the nearest activity to perfect exercise'. Professor J Morris and Dr Adrienne Hardman.**

**How?** Staff can partake in the challenge of walking (or moving in any way) their way to an healthier lifestyle by taking part in the four week Move4Matt Pedometer Team Challenge which will start on **Monday 24<sup>th</sup> May 2010 and finish on Friday 18<sup>th</sup> June 2010**. This physical activity challenge also provides those teams taking part with the added incentive and motivation of raising funds for the Matt Hampson Trust. The Move4Matt Pedometer Challenge is one of a number of active lifestyle activities taking place across the city as the Matt Hampson Trust fundraising Committee and national rugby family set off on their annual charity walk from to Twickenham 22<sup>nd</sup> – 29<sup>th</sup> May 2010 – for further details go to [www.Walk4matt.org](http://www.Walk4matt.org).

**Who is Matt Hampson?** Matt is known all over the country as the inspirational figure who has given hope to so many people going through a tough period in their lives.

Matt suffered a dislocation in his neck which had trapped his spinal cord. It has left him paralyzed from the neck down and more determined than ever from the neck up. It is Matt's spirit and bravery that has earned him such recognition and has pulled together the rugby world and the wider Leicestershire community.

## So how can Council staff take part?

- Create a team of up to five staff from your team or area.
- Nominate a Team Captain
- Team Captains are to register teams by emailing team names and membership to [PAWS@leicester.gov.uk](mailto:PAWS@leicester.gov.uk).

## Role of Team Captain

- The Team Captain will need to complete the Registration form and send it to [PAWS@leicester.gov.uk](mailto:PAWS@leicester.gov.uk).
- Once the relevant forms have been returned, the Team Captain will then receive a confirmation email to confirm that the team has been registered.
- Pedometers will be sent out to the Team Captain
- The Team Captain will be asked to log a weekly tally of their teams on the Move4Matt staff forum by 5pm Friday of each week.
- The nominated Team Captain has the role of co-ordinating the team's fundraising activities.

## Fundraising process

Responsibilities include: distributing the team sponsorship forms (see attached copy), and collating all the team sponsorship funds via [www.justgiving.com/LCCmove4matt](http://www.justgiving.com/LCCmove4matt) or by sending a cheque (write M4M Pedometer challenge on the reverse side) directly to: Matt Hampson Limited, Unit 8, Park Farm Business Units, Park Farm, Skeffington, Leicestershire, LE7 9FN. Please send all sponsorship monies raised within 30 days of the event.

## Information and Rules

- The challenge will run for 4 weeks starting on Monday 24<sup>th</sup> May 2010 and ending on Friday 18<sup>th</sup> June 2010.
- Teams can be register from Wednesday 12<sup>th</sup> May. We suggest you book early to avoid delays in your registration.
- The aim of the challenge is to count the number of steps your team can complete over the 4 week period. On completion of the challenge teams will receive a Move4Matt Pedometer Challenge certificate and the team with the highest number of steps will win the challenge and a fabulous prize\* for each member of the team!
- Each team member will need to record their steps daily and provide their Team Captain with the total weekly step count on Friday of each week. The Team Captain will email the results to [PAWS@leicester.gov.uk](mailto:PAWS@leicester.gov.uk) and can log the details on the [Move4Matt staff forum](#).
- Steps can be counted from the moment you get up until the moment you go to bed! Remember to reset your pedometer each day.
- Weekly progress of all teams involved will be communicated to you so you can see how you are getting on against other teams; this will be through the Move4Matt staff forum.
- Prizes include DVD players and high street vouchers.

## Other Important Information

Organised walks that take place during the four week challenge are listed below:

- **Braunstone Park** every Monday, meet at 10:30am,
- **Spinney Hill Park** every Tuesday, meet at 10:30am,
- **Watermead Country Park South** 10am on Saturday 29th May - Meet at the Alderton Close car park below the Mammoth.

Additional events for staff during the Wellbeing week.

To join an organised walk email [Carla.Lane@leicester.gov.uk](mailto:Carla.Lane@leicester.gov.uk) (30 places)

- **New Walk Centre** Tuesday 25<sup>th</sup> May meet at 12:30 A Block reception,
- **New Walk Centre** Thursday 27<sup>th</sup> May meet at 12:30 A Block reception,

To join a staff running group email [Anne.Newbery@leicester.gov.uk](mailto:Anne.Newbery@leicester.gov.uk):

- **New Walk Centre** Thursday 27<sup>th</sup> May meet at 17:00 A Block reception,

Will staff be allowed to organise their own team M4M fundraising event alongside or in addition to the Pedometer Challenge? Yes, of course. Everyone can make a contribution.

Look out for more organised walks and events during Move4Matt week on [www.Move4Matt.com](http://www.Move4Matt.com) or on Insite [Health and Wellbeing](#).



[www.Move4Matt.com](http://www.Move4Matt.com)

\* The allocation of prizes will be made by James Royston. In the event of a tie or any disputes about the Pedometer Challenge the final decision will rest with James Royston.