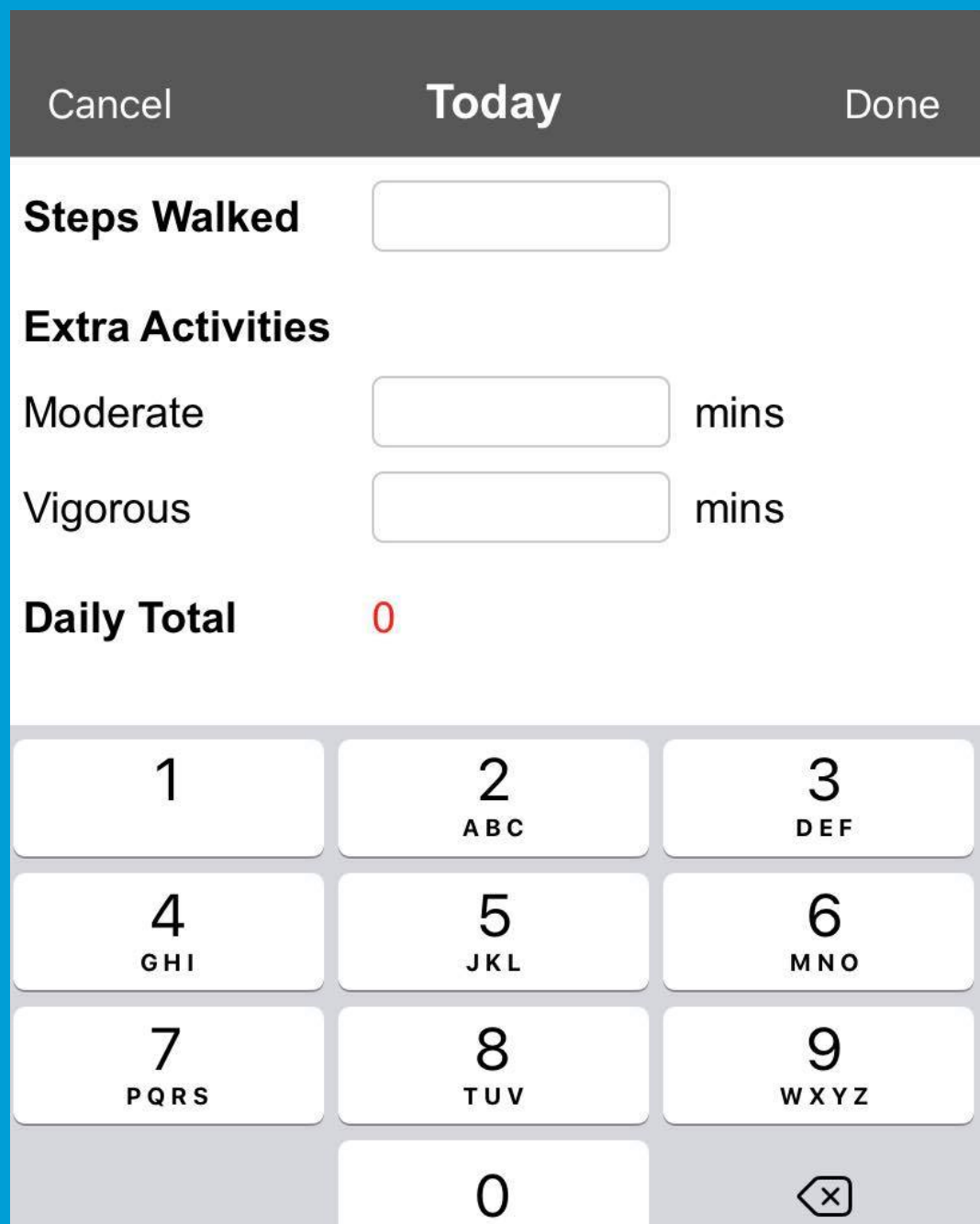


LOG YOUR DAILY MOVEMENT

TUHIA Ō KORIKORI IA RĀ, IA RĀ



Cancel Today Done

Steps Walked

Extra Activities

Moderate mins

Vigorous mins

Daily Total 0

1 2 3
ABC DEF

4 5 6
GHI JKL MNO

7 8 9
PQRS TUV WXYZ

0

The 10,000 steps app allows us to manually enter all of our steps and extra activities/exercise.

The most important part of the AUHC is to remember to **enter** and **sync** all of your steps into the app or website as often as you can. Every step counts towards Te Herenga Waka - Victoria University of Wellington's overall average step count.

Stepping Hacks:

1) Set a personal goal of how many steps you want to hit every day, it doesn't need to be 10,000. Start off with a realistic number and keep building throughout the six weeks.

2. If you're finding it hard to get your step count up, another way you can increase it is by incorporating extra activities eg: yoga, dancing, pilates, gardening, playing with the kids, a workout or playing sport.

Determining whether exercise is moderate or vigorous is subjective. Use the 'conversation rule' below as a guide.

Australasian
University
Health
Challenge



STEPS WALKED

Enter steps you walked or ran during the day. If you forget, you can always go back and enter the days you've missed.



MODERATE

30 mins = 3000 steps
'I can maintain a conversation during this type of exercise'



VIGOROUS

30 mins = 6000 steps
'I cannot maintain a conversation during this type of exercise'