



## Frequently Asked Questions

March into May is a 6-week team walking challenge. Teams of 3-10 walkers and solo walkers are invited to participate. The goal is to walk an average of 7,000-10,000 steps a day to meet the physical activity guidelines set by the Centers for Disease Control and other health agencies. You will be competing within divisions based on similar occupational responsibilities and each division will have a winning team. The challenge begins March 26<sup>th</sup>.

### ***NEW for March into May Program for 2018***

*All participants must sign-up as an individual but can now select their team captain during registration*

*Participants are encouraged to use their own pedometer or step tracking device if possible*

*Teams will be split into divisions based on activity level and each division will have a winner*

### ***Who is eligible to participate?***

All Healthy Lifestyles participants (employees and spouses/adult designees) and any Salt Lake County employee regardless of status (i.e. merit, appointed, temporary, time-limited) are eligible to participate. All participants are eligible to win a prize regardless if they are enrolled in Healthy Lifestyles. Spouses/adult designees who are not enrolled in Healthy Lifestyles can still participate but are not eligible for prizes nor can their step count be included in the official team total.

### ***I already have a team I want to join. How do I find my team when I register?***

New this year, team captains were asked to sign up early. When you register you can select your team captain from a drop-down list and you will be added to that team. If you do not see your captain listed, you will select the "Not Listed" option and we will trouble shoot from there.

### ***Can I still participate even if I don't have a team?***

Yes. Participants who do not have a team but would like to join the March into May program will join the Healthy Lifestyles Team. You will track your overall weekly steps and report your steps to your Healthy Lifestyles Team Captain.

### ***Can I use my own pedometer or step tracking device?***

Yes. We encourage the use of devices you already have that can measure daily steps. You may use your smart phone, wearable health device, or traditional pedometer.

### ***Does using different styles of tracking devices make this challenge unfair?***

While we cannot speak on behalf any one device, *please take the time to properly calibrate your device or program to accurately reflect your specific steps.* As with all County programs and business, we expect that all Salt Lake County employees maintain the professionalism and ethical conduct outlined in the Standards of Conduct.

***If I do not have a pedometer or step tracking device, can I still get one from Healthy Lifestyles?***

Yes, but unlike previous years, this year we are continuing a Rental System. March into May is the most popular program of the year and due to budgetary limitations, we are asking our participants to use their own step tracking device if possible. This will help Healthy Lifestyles to maintain our current programming and encourage participation for your annual rebate.

***My job/office requires more desk work than others, how can we even compete with others who are walking regularly for their job all day?***

The goal of this program is for you and your colleagues to add more steps to your daily routine to enhance and improve your overall health and wellness. However, a friendly competition from time to time can help us meet our goals and help us have fun while doing so. New in 2018, we are organizing teams into divisions based on similar job activity levels to encourage a fair competition.

***Is Healthy Lifestyles aware of the potential to “cheat the system” by some participants?***

We understand there have been some concerns with the step reporting during March into May in years past. It is not possible for Healthy Lifestyles to monitor individual participants or teams on their interpretation and reporting of this program. If cheating is suspected, Healthy Lifestyles will contact the team captain to remind them of the Standards of Conduct. As with all County programs and business, we expect that all Salt Lake County employees maintain the professionalism and ethical conduct outlined in the Standards of Conduct.

***Does running or swimming count toward my step count?***

March into May is a walking challenge only and we ask participants to only include steps from walking. We encourage participants to engage in a wide range of physical activity but emphasize that March into May is a program designed to incorporate more walking in our daily routines. A more varied physical activity challenge will occur later this year.

***Why does this program only focus on walking?***

March into May is designed to focus on walking specifically as a beneficial way to engage in a lifelong, healthy behavior to keep us active throughout the day. Research has shown that we can receive the same health benefits from 30 minutes of walking a day in comparison to other forms of exercise. While traditional exercises in a gym setting works for some people, walking provides a universal alternative that provides comparable benefits. We do not discourage other forms of physical activity and have other programs throughout the year that highlight those other forms of physical activity.

***Why is the goal to reach 7,000 steps a day?***

The Center for Disease Control and Prevention (CDC) recommends that adults engage in 150 minutes of moderate activity each week. Ultimately, we encourage participants to walk 10,000 steps a day, but approximately 7,000 steps a day is a great starting point for everyone and can be built upon as you gain more experience.