

Are you ready for the Cornwall Healthy Schools FIT pedometer challenge?

www.pedometer.FITcornwall.org/

As part of our **Families in it Together (FIT)** healthy lifestyles programme for families / schools we have just launched the FIT Pedometer Challenge supported by a fantastic on-line recording tool that will inspire and challenge school and family teams to walk the equivalent of, for example,:

- The Olympic marathon distance (26 miles)
- The distance from Lands End to the Olympic Stadium in London (300 miles)
- The distance of the SW Coast Path (601 miles)

Or they can just challenge themselves to get out and walk together and see how far they can go in a week / month / year etc.

School and family teams can enter leagues to see how well they do against other teams and every time someone enters their steps the front page of the FIT Pedometer Challenge website will record how far FIT Cornwall has walked in total as part of the challenge.

There will be competitions and celebrations / awards for teams achieving their goals.

Cornwall Healthy Schools will provide free pedometers to families taking part in FIT courses in school and we will be selling good quality, reliable pedometers through the website at a very low (cost) price.

Registration is quick and easy and FREE!

FOR MORE INFORMATION SEE OUR NEW FIT CORNWALL WEBSITE
www.FITcornwall.org/

01209-310061

healthy.schools@ciospct.cornwall.nhs.uk

www.cornwallhealthyschools.org/

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Welcome to the Pedometer Challenge!

The FIT Cornwall Family Pedometer Challenge is one of the outstanding projects granted the London 2012 Inspire mark, the badge of the London 2012 Inspire programme which recognises exceptional and innovative projects inspired by the 2012 Games.

The Inspire programme is an opportunity for everyone to be a part of the London 2012 Games. It is a broad participation programme spanning sport, participation, education, sustainability, volunteering and business opportunities and skills. New opportunities are being created to inspire young people and to encourage the whole of the UK to join in.

Sign up today!
Family and school teams as well as individuals in Cornwall and the Isles of Scilly can join the challenge and record progress. You need to register - click 'sign up now!'

Start a team!
Share the challenge by signing up your family or class to form a school team or what we've called 'Others' (imaginative!). These could be School FIT Club members, Scouts or those who need an incentive to get together to get active. Teams are easy to manage and can join leagues to compete against other similar groups.

Leaderboard
View top: Family teams

Rank	Team	Miles
1	Team Looehith	21 miles
2	Team Plymouth	16 miles

Fit Cornwall Cornwall and Isles of Scilly **change 4 LIFE**

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