

21 September 2006

Dear Councillor

PEDOMETER CHALLENGE

You are invited to join in with the staff at the Dunedin City Council and take part in the 2006 Pedometer Challenge.

There is a new health initiative lead by HR and CARS which allows me to invite you to join me in a simple, painless, non-intrusive programme that will unobtrusively – ie without the need for brightly coloured lycra clothing or track shoes that cost the Earth! – help us all tone up our fitness levels.

It is the ideal time of year to start a programme like this with Spring in the air and plenty of daylight hours to look forward to.

The programme has several parts.

1. The main part is the actual challenge to encourage people to increase the number of steps they take each day.
2. The second part is to create an awareness of the role of nutrition in creating health. Lunchtime meetings, lead by Bruce Stokell of Sportfit, will be held on 5 October 2006 and 23 November 2006 for this purpose.
3. The third part is the competition to create some appropriately named short or long walks in the city that staff can use.

All those who accept this invitation will be given a complimentary pedometer to measure the number of steps they take over the two periods. There will also be written information on the health and well-being benefits of good diet and physical activity – an active job or lifestyle does not automatically mean good health unless it is accompanied by a good diet.

While I am anxious to ensure that staff and Councillors support each other in this programme I should stress that this is not a competition. The goal will be to encourage that more physical activity is built into your daily life. Your only obligation will be to keep a daily record of your steps and complete a weekly return so that the programme may be evaluated. Individual results will not be published.

I intend to participate in this programme, and I look forward to your positive response and to seeing you and your pedometer walking the city in October and November. If you wish to take up this challenge please complete the slip below and bring it to one of the 20-minute lunchtime meetings in the Skeggs Gallery on 5 October 2006 at either 12.00 noon or 1.00 pm, where you can collect the full pedometer challenge kit and your pedometer.

Yours sincerely

Jim Harland
CHIEF EXECUTIVE

Please tear off this slip and bring it to the lunchtime meeting on the 5 October 2006. I would like to participate in the pedometer challenge.

Name _____ M/F
Location _____ Email _____