

Letter from the CEO to staff

Dear

PEDOMETER CHALLENGE

As you may already know the Dunedin City Council has decided to carry out a workplace physical activity scheme. It will run for two 3-week periods from 9 October and 20 November. I am writing to you to invite you to take part.

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 will be held on 5 October and 23 November 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 support each other in this programme I should stress that this is not a competition. The main goal will be to ensure 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 Individual results will not be published.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 have also extended this invitation to Councillors. I look forward to your positive response and to seeing you and your pedometer walking the city in October and November. Please complete the slip below and bring it to one of the 20 minute lunchtime meetings in the Skeggs Gallery on 5 October at either 12 noon or 1pm, 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 etc _____ (for internal messages)