



PRODUCT SHEET

10,000 Steps Plan

What?

Plenty of physical exercise helps keep your employees healthy. Need a simple way to keep exercising more, day after day? Then you need to take more steps. Research shows that 10,000 steps a day is the ideal target for adults – hence the 10,000 Steps Plan.

As part of a workshop, your employees will be told about the benefits of the 10,000 Steps Plan for their health. They will also be given advice about how they can actually achieve the 10,000 steps each day.

Why?

Companies want their staff to be energetic, resilient and active at work. That can only happen if they can be encouraged to take daily exercise. But merely motivating them is not enough; what they need is a target to aim for. And that is the 10,000 Steps Plan.

Who?

Do you want to achieve a change in behaviour in your employees so that they can adopt a long-term, healthy pattern of exercising? The 10,000 Steps Plan has demonstrated its value in countless organisations.

How?

- Discuss things in advance with your lifestyle adviser:
 - What goals do you want to achieve?
 - How do you prepare for the 10,000 Steps Plan in your company?
 - What campaign materials are there and how will we use them in practice?
 - How are we going to notify people in the company about the campaign and then organise it properly?
- Your employees attend a workshop:
 - What is the 10,000 Steps Plan?
 - How much exercise do you take yourself?
 - How do you use pedometers, the steps logbook and the registration tool?
 - What is the accepted health standard for sufficient exercise?
 - How do you schedule regular exercise times in your life?
- You evaluate the project as part of a follow-up meeting with our lifestyle adviser:
 - What is the evaluation of the project?
 - How will we continue organising the plan into the future?
 - What new initiatives about promoting good health are required?

Results

The 10,000 Steps Plan helps you to promote resilience and vitality among your employees. They'll feel better and perform better at work. The result is increased productivity and the long-term attendance of your staff at work. Your company won't take just one, but ten thousand steps forward.

Practicalities

- At the beginning of the project, the 10,000 Steps Plan will be explained fully to management and other employees involved (half-day). Working together, we go through the whole project and establish a plan of action.
- Workshop for your employees:
 - These workshops last for half a day and are held on your premises or at Mensura.
 - All that's required is a room and a beamer, as our specialist will be using visual material.
 - Tell us in advance who the target audience is and how many employees (maximum 20) will be taking part in the workshop.
- Evaluation, adjustments, follow-up and new initiatives:
 - After 3 months, we can provide a half-day support session with our lifestyle adviser to assess progress on the project.