

Be part of *GOYeovil!* 's Big Green Footprint

PEDOMETER CHALLENGE **Week commencing 13th June 2010**

It is so easy to be part of *GOYeovil*'s Big Green Footprint. You can be part of it, simply by doing what you normally do every day of the week.....except that for one working week *GOYeovil* asks that you wear a *GOYeovil* step counter and record the steps that you do every day. Of course, if the idea appeals to you, you can do some extra steps during the week as part of *GOYeovil*'s Healthy Living Agenda but that is entirely up to you.

By joining the *GOYeovil* campaign you will help raise Yeovil's profile in the South West through a community campaign which literally gives the whole community the opportunity to take part without making any challenging commitments or lifestyle changes..... and by doing so you will also contribute much needed funds to our local Woman's Hospital and our local Hospice.

You can join the Pedometer Challenge as an individual or with other colleagues at your place of work (subject to your employer's support of course!).

The week long event is a few months away but we are asking for your commitment now, especially if you are a business or organisation with several employees willing to take part. If you are a business or organisation of some sort then we will arrange with you personally how your pedometers will be delivered or collected once you have registered on line, by e-mail or by phone. If you are an individual then we can post the step counters out to you (for a small additional charge) or we will advise you when *GOYeovil* pedometers will be available at some leading businesses/shops in the town.

The attached registration form explains more about how to be part of the pedometer challenge.

Of course there are opportunities to get involved with other events in the *GOYeovil* week. Please keep looking at the web site to learn more as things develop! The editor of the Western Gazette, Tim Dixon, has promised to keep everyone informed about developments through our local Western Gazette and the Yeovil Times and he will personally be taking part in *GOYeovil*'s opening 9k race event on Sunday 13th June. Other local media representatives including Steve Carpenter at Mid West Radio and Steve Sowden at the Yeovil Express have also given their support to the event so we hope you will have plenty of opportunity to hear or read all about the planned events as things develop.

Note: It is suggested that 10,000 steps per day is a good number to aim for as part of a healthy lifestyle but that may be too ambitious for many of us. Any number of steps will be a great contribution to the Green Footprint total.....so don't let the numbers put you off!! .



PEDOMETER CHALLENGE
STEP COUNTER ORDER AND COMPANY ENTRY FORM

Company details

Name of Organisation:	
Address:	
Contact Name:	Postcode
Telephone:	Department
Fax:	Email:

Your Step Counter Order Form

We would like to be included in **Yeovil's Step Count Challenge!**employees will be taking part and we would like to purchase Step Counters. We understand the contribution is £3 per employee of which £1 is payable in advance to **GOYeovil**, the balance of £2 per employee to follow on completion of the Pedometer Challenge.

Signed:	Name (please print):
On behalf of:	Date

Payment

To help keep costs down if possible payment should be made with this order. Cheques should be made payable to '**GOYeovil**' and sent to the address below. If you need an invoice to generate payment, please email your request to goyeovil@hotmail.com
Please note: **GOYeovil** regret that no step counters can be provided until the initial payment has been received.

Health & Safety Information

The step count challenge is an informal event and therefore individual participants are responsible for assessing their own suitability to take part. No person should put themselves or others at risk as part of the step count challenge.



GOYeovil Pedometer Challenge

COMPANY RECORD SHEET

Company:	
Address:	
	Postcode:
Email:	Tel:

Each participating member of your staff should complete their own individual record sheet, which can be downloaded from the **GOYeovil** website.

Once gathered these totals should be collated on this Company Record Sheet.

Day	Daily Steps taken	Total steps taken
Sunday 13th June		
Monday 14th June		
Tuesday 15th June		
Wednesday 16th June		
Thursday 17th June		
Friday 18th June		
Saturday 19th June		

IMPORTANT NOTE

PLEASE BE AWARE THAT THIS PEDOMETER CAN BE SWITCHED OFF/RESET IF THE BUTTON IS KNOCKED ACCIDENTALLY.
PLEASE CHECK THE UNIT REGULARLY THROUGHOUT THE DAY SO YOU DO NOT LOSE TRACK OF YOUR TOTAL FOOTSTEP COUNT.
WHY NOT GET IN THE HABIT OF RECORDING YOUR STEPS EVERY TIME YOU TAKE A BREAK!

Please complete and return to:

'GOYeovil'

c/o The Fundraising Office
St Margaret's Somerset Hospice
Little Tarrat Lane, Yeovil
BA20 2HU

or email: goyeovil@hotmail.co.uk