



Vaevae Challenge

2012

What is the Vaevae challenge?

The Vaevae Challenge is about encouraging people to be more active by walking and to have some fun doing so. This fun walking event is an eight week program and is open to any everyone. Entry is free and there are prizes to be won! Prizes are not just for team achievement (the most points), but also personal achievement & best team name. Entry forms are available from the Public Health Department or CISNOC Office.

How does it work?

The Vaevae Challenge is a point system. For every 30 minutes of walking you do, you earn 20 points. Each team member keeps a record of the amount of time spent walking and at the end of each week total up your time and points and add them to the team list. Each week add up the teams points. You do not have to walk together. Obviously walking together at lunch or after work is fun and motivational but not always practical. Less than 30 minutes walking on one day is not accepted. The 30 minutes can be taken as 'snacks' example 2 x 15 minute walks or 3 x 10 minutes walks but you must complete 30 minutes minimum in one day. You will also be able to win bonus points if you or your team participate in certain organised events. Honesty is essential for this challenge to work. Please be honest and show the integrity your team or your business practice reflects. If there is evidence of cheating, your whole team will be disqualified.

Can any other activity be included?

Although the program is about getting people active by walking, other activities can be included. The time and points will still apply but 4 (if a team of 6) or 3 (if a team of 4) of your team must be walkers. **Walking around the office, shopping, walking to church does not count!** The walking must be of moderate intensity – that is hard enough to make you breathe harder or sweat.

Who can join?

Anybody - Any workplace, church/youth/women's group or any group of individuals or family. Workplaces or organized groups can enter as many teams as you want. The maximum number is 6 people in a team and the minimum is 4.

What do we do to join?

- Step 1 Get together a team together of up to 6 people (not less than 4)
- Step 2 Decide on a fun name for your team
- Step 3 Nominate a team leader and complete the entry form. (The team leader will be our contact and will also be responsible for keeping the team tally sheet.)
- Step 4 Calculate the points aimed for and enter in your "target box" on the entry form and team record sheet – you now have a goal!
- Step 5 Read our 'Walking Tips' to ensure you are well prepared for your challenge
- Step 6 Start walking!!
- Step 7 Record your 30 minute activity and your points on your individual record sheet and at the end of the week on the your team record sheet,
- Step 9 Win a bonus point for participating in selected events (we will inform you which events)
- Step 10 Enjoy all the health & social benefits of being involved in The 2012 Vaevae Challenge!

We will keep you updated weekly throughout the 8 weeks and will also provide other useful health information.

For enquires contact:

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