

Wild ATLANTIC WAY



Walking Challenge

Register from 7 January 2019
Starts 1 February 2019 at 7am
Ends 28 February 2019 at 7pm

Distance: 1,314,058 steps
Milestones: 8



Fitbit owners can sync their steps to the Challenge

Join the 4 week virtual walking challenge in teams of up to 5 or on your own.

Register from 7 January 2019 onwards at <https://gosmart.bigteamchallenge.com>

The challenge is open to any workplace in Dumfries and Galloway including public, private and voluntary (third) sectors.

Track your daily steps to see how far you can walk across Ireland. Count your steps using your own activity tracker (e.g. Fitbit, pedometer, smartphone app) or get one free of charge (see overleaf). Enter your daily steps onto the Big Team Challenge website or download the app free of charge.




How to do it

1. Donegal 
Start

 2. Sligo
Distance: + 151.11km

3. Mayo 
Distance: + 150.27km

 4. Galway
Distance: + 143.53km

5. Clare 
Distance: + 74.78km

 6. Limerick
Distance: + 74.99km

7. Kerry 
Distance: + 157.89km

 8. Cork
Distance: + 148.62km



Take the walking challenge over 4 weeks starting on 1 February 2019

Register and create your team on the website (up to 5 people). Individuals may also register here.

Please note while your registration remains any teams from previous challenges no longer exist

Get a step counter, fitness device or free smartphone pedometer app (iPhone models 5s onwards can sync directly to the app)

Download the "Big Team Challenge" app on the App Store or Play Store and use the gosmart.bigteamchallenge.com web address when logging in.

OR

Get a free pedometer from richard.smith5@nhs.net

(where possible please try to email as a business rather than individually)

Then count your daily steps and enter them via the website or app.

Follow your progress through Ireland and compare how others are getting on.

Prizes for teams and individuals.

Every step counts, whether you are walking around the office, doing the shopping or playing a round of golf.

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