

Participate in **Steptember.nl**  
1-28 September 2020



We challenge you and  
your colleagues to  
start moving!



## Steptember 2020: we're in again, 10,000 steps a day for a month

**Did you know that the average office worker only takes 3,000 steps a day and probably even fewer now when working from home? But for a healthy lifestyle, you need to take at least 10,000 steps a day. Wageningen University & Research thinks it's important to contribute to a healthy lifestyle.**

We contribute not only through our research and teaching, but also by paying for our employees' participation in Steptember. It improves your fitness and health and strengthens teambuilding, and money will also be collected to improve the lives of people with cerebral palsy.

### **How does this campaign work?**

In September, participants will take 10,000 steps a day for 28 days. Steptember begins on 1 September and continues through 28 September 2020. Steptember, an initiative of the BOSK, the association for people with cerebral palsy, will take place in nine countries simultaneously. You can register via the website [www.steptember.nl](http://www.steptember.nl). A maximum of four people can participate in a team.

### **Start moving: use your commute for extra steps!**

All forms of movement, like gardening, walking, swimming or cycling, count towards the 10,000 steps a day. Since we're now working from home a lot in this period of corona, you can use your original commute for extra steps!

On [steptember.nl](http://steptember.nl) and via the Steptember app you can find a tool that calculates the number of steps in these activities. There are more than 40 activities that can be converted into numbers of steps, including activities for the handicapped. They even include vacuuming! It's an enjoyable way to get fit. The money collected by the participants is for scientific research on and products for people with cerebral palsy.

### **Personal training schedule**

Do you need some extra help and you think it would be fun to work with a schedule? If so, you can have a personal walking or cycling schedule drawn up by two teachers and former top athletes at Sports Centre de Bongerd: [Tonnie Dirks](#) (a 15-time Dutch champion in diverse long-distance events) and [Casper Helling](#) (2007-2015 endurance ice skating world record holder who skated 41,969 meters, a 2-time winner of the alternative *Elfstedentocht* and cyclist).

You can request a personal schedule by sending them an e-mail with 'Steptember' in the subject line.



**Tonnie Dirks**



**Casper Hellinga**

### **Will you and your team accept the challenge?**

A team preferably consists of four participants. If you can't complete a team of four or if you're looking for a team to join, you can contact [Henri ten Klooster](#). You can also register as teams of two or three people, but experience has shown that a team of four is the most stimulating.

Advantages of participating in Steptember as an individual or in a team:

- Improves the health and wellbeing of the participants
- Increases productivity
- Stimulates teamwork and cooperation
- Supports a good cause

### **Register**

Registration is now open. You register as a team. A team consists of at least one and no more than four people. Each team has a team leader and team members. The team leader registers first via the button 'Registreren' [Register] on the homepage of [www.steptember.nl](http://www.steptember.nl). Then this team leader registers his or her team members. Team members will then receive an invitation e-mail with a link so they themselves can register and be added to the team.

Fill in the organisation name **WUR** when asked.

WUR's payment code is: **F206I6\_WUR**

You do not have to pay any registration fee since WUR will do that for you.

When asked to fill in your address, use your **home address** so that we can have the pedometers delivered to everyone quickly and without problems. Your home address will be used only for this purpose. Further communication from and about Steptember will be via e-mail. You can, of course, use your own pedometer if you already have one.

The pedometer will be sent to you in the first half of August. You can start counting steps on 1 September. The number of steps can be filled in on [www.steptember.nl](http://www.steptember.nl) and via the Steptember app. You can already start finding sponsors and making donations now. For example, ask others to sponsor you when you take 10,000 steps a day during Steptember. Examples of other enjoyable [sponsor activities](#) are on the Steptember website. Be inspired!

### **September intranet group**

In the [September intranet group](#) you can explain what you're doing to reach the goal of 10,000 steps!

We sincerely hope that many of you will participate again this year!

