

OCTOBER IN MOTION FAQ



- 1. What is October In Motion?** Walktober is a walking challenge between LCC and Clark! Track your steps from 10/1-10/31.
- 2. Who can participate in Walktober?** LCC faculty, staff, & students can participate!
- 3. How do I track my steps?** Pedometers are available in HR (Administration Building) on a first come, first served basis. You can also use a fitness tracker if you have one or an app on your smartphone. Indicate how many steps you go each day on the Walktober log.
- 4. Do other types of physical activity count?** Yes, all types of physical activity can be converted to steps. See the step equivalency chart for more information.
- 5. With varying employee populations between the colleges, how will it be a fair challenge?** The winner will be determined by first identifying the institution with the fewest participants. Each institution will then calculate their step average based on the top number of participants equivalent to this minimum count. The institution with the highest average step count will be declared the winner. The winner (LCC!!) will be the recipient of the Walktober trophy as well as bragging rights.
- 6. What do I do with the log?** Logs must be submitted to HR via email (hr@lowercolumbia.edu), campus mail, or drop off (Administration Building) between 11/1 and 11/4.
- 7. Who do I contact for more information?** Contact reddevilwellbeing@lowercolumbia.edu with any questions!

