

# Girl Guide Challenge



Heart and Stroke Walkabout™ is pleased to work with Girl Guides of Canada – Nova Scotia to offer all Guiding branches a chance to participate in two new challenges to help girls become more active: The **OneStep** Challenge and The Walking Champion Challenge.

Heart&Stroke **OneStep** is a resource featuring pedometers and activities for girls aged 10–12. The **OneStep** resource allows girls to enjoy the social aspects of walking and also meet their daily moderate physical activity requirements.

## The **OneStep** Challenge:

The aim of the **OneStep** Challenge is to encourage group walking among girls. This challenge allows girls to work together as a team towards similar goals. Once completed, a **OneStep** Badge will be awarded (free in Nova Scotia).

## The Walking Champion Challenge:

The aim of the **OneStep** Challenge is to encourage individual walking among girls. This challenge allows girls to walk independently towards a goal. Once completed, a **OneStep** Badge will be awarded (free in Nova Scotia).

## OneStep Challenge (Group)

- Each group member must record their steps for one week
- The group must record 500 000 steps in one week (7 days)
- If you have less than 10 girl guides in your group then you must record 300 000 steps in one week (7 days)

If your group is successful in taking the targeted amount of steps together then each member of the group will

## OneStep Challenge (Individual)

- Complete any two activities found in the Activities section of this Handbook.
- Record 30 000 steps in one week (7days).
- Design a walking activity (Page 30) for the rest of the Girl Guide group, carry out this activity, document it and send evidence to the Heart and Stroke Foundation.

## Activities:

To earn “The **OneStep** Challenge” badge and/or “The Walking Champion Challenge” badge, please follow these two steps:

- Contact the Heart and Stroke Foundation to receive your **OneStep** package. (Package includes: **OneStep** Leader Handbook, Pedometers, Heart&Stroke SWAG, Forms for participants)

Heart and Stroke Foundation  
5657 Spring Garden Road, Box 245  
Halifax NS, B3J 3R4  
[walkabout@heartandstroke.ns.ca](mailto:walkabout@heartandstroke.ns.ca)  
[www.walkaboutns.ca](http://www.walkaboutns.ca)  
Phone: 902-423-7530

- Once your Girl Guide branch has received its **OneStep** package, complete “The **OneStep** Challenge” and/or “The Walking Champion Challenge” as described on page 32 of the **OneStep** leader handbook:

## Order Patches:

Once your group or an individual from your group has completed the challenge requirements contact [walkabout@heartandstroke.ns.ca](mailto:walkabout@heartandstroke.ns.ca) to order your patches. Please provide the following information:

- Name of the Unit and contact name
- Give the number of steps walked per person (for the Walking Champion Challenge) and/or the number of steps walked by the group (for the **OneStep** Challenge)
- Number of girls/leaders to receive a patch
- Mailing address and phone number
- Photos (we would love to share your success with the Heart and Stroke Foundation health promotion team – please ensure photo releases are completed, found at [forms.girlguides.ca/SitePages/Home.aspx](http://forms.girlguides.ca/SitePages/Home.aspx)).