

## Step up Sunderland – May Challenge

### ‘Walk this May’



Join us as we ‘Walk this May’. May is an important month for walking and mental wellbeing. Not only is May National Walking Month, but it is also Walk to School Week, and Mental Health Awareness Week (further information and details below).

We’re encouraging all Sunderland residents to download the Step up Sunderland App and to set yourself a walking challenge for the month of May. This could be either as an individual or part of a team/group you are part of. For example:

- Can you individually walk 10,000 steps every day in May?
- Can your workplace team walk to New York by the 31<sup>st</sup> May?
- Can your school walk to school for ‘Walk to School Week’?
- Can you and your friend(s) out step each other each week in May?
- Can you see how many steps it takes you to walk around our green spaces in Sunderland whilst noticing nature as part of ‘Mental Health Awareness Week’?

The Step up Sunderland app is a great walking monitoring tool for anyone, and the challenge choices really are yours!

May is ‘**National Walking Month**’ co-ordinated by Living Streets [National Walking Month | Living Streets](#). Take a look at their webpage for lots of free, useful resources and activities to try.

‘**Walk to School**’ week is also annually co-ordinated by Living Streets and this year runs between 17<sup>th</sup> to 21<sup>st</sup> May [Walk to School Week | Living Streets](#). Walk to School week is an annual campaign to encourage pupils and their families to walk to school rather than taking the car.

‘**Mental Health Awareness Week**’ is taking place from 10<sup>th</sup> to 16<sup>th</sup> May co-ordinated by the Mental Health Foundation [Mental Health Awareness Week 2021](#) this years theme is Nature due to the benefits nature has on our mental health

#### What do I Have to do?

- Download the app (if you haven’t already!)
- Put your phone in your pocket to track your active steps, or sync it to a smart device such as Apple watch or Garmin if you have one
- Set yourself a walking challenge for the month, either individually or as a group (or both!)
- Watch your steps increase throughout the month
- Spread the word – we want as many people to take part as possible!

#### What do I get?

- You will be rewarded with our challenge badges every time you reach a step milestone
- You will be sent regular push notifications to encourage you to keep stepping
- A sense of achievement for setting yourself a new challenge
- The mental and physical benefits of being more active such as a feeling of wellbeing, improved mood and better sleep

#### Why should I do it?

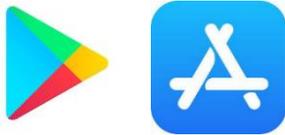
- Its FREE and its fun!
- You will be part of a citywide campaign to get more people active and walking

**Download the app now:**

You can download the app for **FREE** from the Google Play and Apple App stores.

<https://tinyurl.com/y6s6a45t> apple

<https://tinyurl.com/y2oz3v9y> android



**We would love to hear from you!**

We would love to hear your stories about using the app on our social media pages. Please use the hash tag on any social media posts with the #stepupsunderland and share this information to anyone you think would love to try the new and improved Step up app.

If you have any queries please contact us at [active@sunderland.gov.uk](mailto:active@sunderland.gov.uk) and follow us on Social Media 'Active Sland'.