

# Green Impact Case Study

## UWS Hamilton Pedometer Challenge



### Background

Institution: University of the West of Scotland  
Team Name: Greening Hamilton Admin  
No. of years participating in Green Impact: 4  
2013-14 Award Level: Platinum

*Picture of the winning team with their Golden Boot*

### Description

Late 2013 we set a Hamilton Campus pedometer challenge to see which team comprising of 5 people could complete as many virtual circuits of the four University campuses as possible. To walk from Hamilton down to Dumfries up to Ayr across to Paisley and back to Hamilton is 180 miles and at approximately 2000 steps per mile that equates to 360,000 steps per circuit. Pedometers were purchased from the British Heart Foundation, Cancer Research and some were supplied by the local NHS Healthy Working Lives office. The paperwork for recording team/individual totals was also supplied as part of the pack from the British Heart Foundation. We started the Challenge with 8 teams of 5 and the winning team completed more than 10½ times round the campuses. The star walker did almost 3 circuits by herself.

Everyone who took part enjoyed the challenge and it was amazing how competitive everyone got, going out for an extra walk at lunch time or in the evening to bump up their step count. To boost the step counts further teams encouraged their members to ditch the lifts and take the stairs as well as take public transport for intercampus journeys so they did extra steps getting to and from the Station. These actions meant that there was energy saved in cutting down lift use and also using public transport instead of using individual cars for journeys.

At the end of the challenge we had a little get together and the winning team and star walker were presented with a golden boot award (home made from a Christmas decoration and a recycled board rubber) as well as some fair trade chocolate and fruit tea. Everyone who took part also received a certificate showing their personal achievement.

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