

WALK THE WALK 2021



Promoting our county,
supporting good causes,
encouraging friendship



Thank you for joining the Worcestershire Ambassadors Walk the Walk 2021 challenge.

Collectively we want to walk a total of 238,900 miles throughout 2021, so that we can reach the Moon.

The challenge begins at 00:01am on 1st January 2021 and ends at 11:59pm on 31st December 2021.

We also want to raise £20,000, which we will reinvest into mental health services and support in Worcestershire.

An important part of this challenge is ensuring that those taking part are accurately logging the distance they have travelled.

You can do this using the steps below on a daily, weekly, or monthly basis.

We encourage users to log their miles at least weekly. This is so that it is easier for you to total them up and record them, and so we can accurately track our progress to the Moon throughout the year.

Recording your miles

Remember that walking, jogging, running, gym workouts, and sports (football, tennis, rugby etc.) all count towards the mileage for this challenge.

You can record your distance in many ways. A few are listed below to help you:

- **Fitbit, Garmin, or similar fitness watch** – these devices can be worn all day and track your steps and distance travelled. This is one of the easiest and most accurate way of tracking the miles you cover each day.
- **Strava, Endomondo, Map My Run and similar fitness apps** – these third-party apps can be used to track the time, distance and calories burnt during a workout, sporting activity, run or walk. You often need to open the app and start recording your exercise for this to track correctly. For example, you would need to start recording at the beginning of your walk and stop recording at the end of your walk. This will then tell you

the distance you have covered. Many of these apps can be integrated with the fitness watches above.

- **iPhone and Apple Watch** – you can use an iPhone’s built-in health app to monitor your steps and miles per day. This can be synchronised with an Apple Watch if you have one. If you take your iPhone / Apple Watch with you, this will record your steps and distance.
- **Samsung phones (and other Android phones)** – like Apple, many Android phones (e.g., the Samsung Galaxy phones) have in-built fitness apps that can record your steps and distance. With Samsung phones this is called “Samsung Health” or “S Health”. Again, if you have your phone with you, this will record your steps and distance.
- **Pedometer** – you can use a pedometer to monitor the steps that you take each day. You just need to have this on you, and it will record this. You can then convert your steps into miles (see below).

Converting distances

We are measuring the distance to the Moon in miles. Some people, however, prefer to work in kilometres.

You can enter your distance in either kilometres or miles on our website (see below) and any necessary conversions will be actioned for you.

If you are measuring your steps, but not your distance, then you can use the following external website to convert your steps into miles:

<https://www.thecalculatorsite.com/health/steps-miles.php>

A link to this site is also included on our website for convenience.

Recording your miles

To record your miles, simply do the following:

1. Add up your total miles for the period (we recommend you do this at least weekly)
2. Go to www.walkthewalk2021.co.uk on your PC, laptop, tablet, or phone
3. Input your participant number (this was sent to you when you registered)
4. Input your distance in miles or kilometres
5. Complete the Captcha
6. Click ‘SUBMIT’

From this page you can see the total miles recorded and our overall progress to the Moon.

You can also visit the main Walk the Walk 2021 page, donate via our Go Fund Me Page, and access the external steps to miles converter using the links at the bottom.

Questions / Help

If you encounter a problem when recording your miles, need any help, have forgotten your participant number, or have any questions then please contact us by email on

membership@worcestershireambassadors.com