

Stepping up

Charles Darwin University Library has created a fun way get their team active and promote wellbeing, as ALEX KERSEMAKERS reports.

Charles Darwin University Library has held its annual Library Legs Step Challenge for several years. The idea was to promote extra physical activity and a bit of healthy competition as teams tried to outdo each other in their step counts. In 2017, our staff development working group introduced some interlibrary collaboration in our annual Library Legs Step Challenge. Opening the challenge up to various libraries across the NT proved to be popular, as 40 entrants signed up. Steppers were randomly assigned into 10 teams of four, they chose a team name and decided on a captain, who tallied the steps each week and submitted them to the organiser.

Even before we got stepping our creative juices were flowing with our team names: Happy Feet, the Walkabouts, Les Belles Jambes, Café All the Way, the HUBAs, Cirque du



Above: The Walkie Talkies and Fabulicious Footsloggers at Gove Peninsula Surf Club

Sore Legs, You Go Cal, Fabulicious Footsloggers and the Walkie Talkies. Bonus points were awarded to Chafing the Dream for their creative team name.

Then we were off ...

Midway through the challenge our teams had walked over 5 million steps, and individuals and teams had arranged several combined walks in lovely spots around the Territory. It was inspiring to see colleagues from the Department of Health Library, Palmerston Library and Charles Darwin University Library walking along Casuarina Beach together. Northern Territory Library steppers joined in, and colleagues from Nhulunbuy Library made us envious with photos from their cross-team collaborative walks. Emails with photos of team walks and invites to join in on weekend, morning and afternoon walks were circulated.

The final day of the challenge saw the total number of steps walked by our 40 participants reach a fantastic 11,244,652. The winning team was the Walkie Talkies, who walked an epic 1,432,140 steps in the month. Of course, a celebration was called for and we enjoyed a morning tea where we presented the winners with personalised, hand-crocheted Library Legs headbands and announced the step tallies.

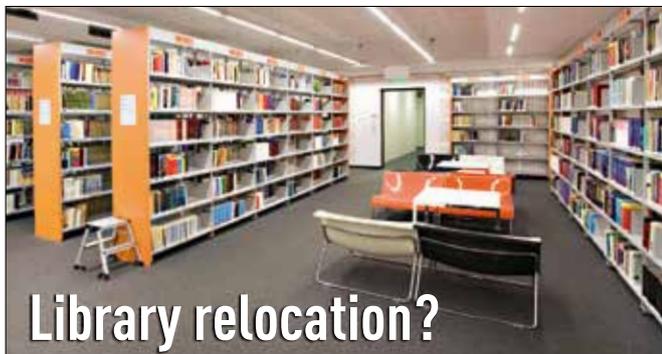
Thanks to everyone who took part we had a great month of collaborative stepping and many of the walkers have already committed to taking part next year. We look forward to 2018. 🌟

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