



2015 HASA BCA *Fitbit* Table Mountain Challenge



You're invited to take part in 2015 HASA BCA *Fitbit* Table Mountain Challenge!

- The 2015 HASA BCA *Fitbit* Table Mountain challenge provides a unique Quality Improvement opportunity.
- Join our wellness initiative and let's track how far our collective contribution can take us...
- Data will be collected and tracked starting today. The challenge will continue to close of conference tomorrow.
- Participants will be measured individually and collectively to see if we will achieve our goal. Real time feedback on data will be shared periodically throughout the conference.



2015 HASA BCA *Fitbit* Table Mountain Challenge



Aim:

- To track how far our collective contribution can take us and demonstrate how measurement can change behaviour.
- Our goal is to climb Table Mountain!

Implementing Change:

Each participant will be given/will use a *Fitbit* device (or similar) which tracks distance covered to monitor activity and track progress

Measuring Improvement:

- Data will be collected and tracked starting today. The challenge will continue to close of conference tomorrow.
- Participants will be measured individually and collectively to see if we will achieve our goal. Real time feedback on data will be shared periodically throughout the conference.



How to participate...

Option 1 - Nominated delegates



10 people nominated to get the 10 sponsored devices and were invited to join the 'corporate challenge':

- Yolanda Walsh (BCA – organising committee chairperson)
- Biren Valodia – (HASA organising committee chair – Mediclinic)
- Gary Kantor (BCA co - founder)
- Gerrit Cloete (Medscheme)
- Heather Tuffin (Western Cape)
- Melanie de Costa (HASA chairperson - Netcare)
- Anchen Laubscher (BCA Fitbit Challenge administrator)
- Nicolette Mudaly (HASA organising committee – LHC)
- Sandy Brennon (NHN) –
- Thabiso Kekana – (Aurum)

Data will be continuously monitored and feedback given on the progress...



How to participate... Option 2 – Your own Fitbit device



Email your name and mobile number to anthen.laubscher@netcare.co.za and you will be invited to join the challenge via the *Fitbit* site.

Your data will be monitored individually and collectively and your contribution added to the aim of climbing Table Mountain!



How to participate... Option 3 – any other devices also welcome!



Email your name and mobile number and type of devices used to anthen.laubscher@netcare.co.za.

Send a screenshot or proof of data at beginning of the challenge and at the end (close of conference Tuesday afternoon).

Your data will be monitored and your contribution added to the aim of climbing Table Mountain!



Platteklip to Upper Cableway Station

(www.sanparks.org)



“Up - relentlessly up!

That’s the only way to describe the path in Platteklip Gorge...

It’s the most direct route to the top of the mountain and the most popular.

It is not a route to be trifled with; the going can be tough.”

Distance: 3km up, 2.6km walkabout once summited and 3km down (8.6km in total)