

WALKTTMBER

2025

Walktober is the Health and Safety Directorate's annual online fitness challenge, taking place October 1–31.

You can participate individually or as part of a team, enjoying some friendly competition while working toward your walking or overall exercise goals. Simply track your daily steps, walking minutes, or step-equivalent activities with your fitness device and log them in the Walktober app each day. A conversion guide for step-equivalent exercises will be available when the program launches.

Registration starts: September 24

Start logging your steps: October 1

Registration ends: October 5

End of the challenge: October 31

Link to register: <https://hsd.walktober.com>

Please register with one email only!

Enter HXAEVL

