

# Pedometer Challenge

## Mission alert

MISSION VERY  
POSSIBLE!

**CONFIDENTIAL**

### Agents

Be alert. Tomorrow our mission begins. It's time to get walking!

Welcome to the start of the [name of organisation] Pedometer Challenge. Over the next four weeks, I'll be sending you email updates and top tips to forward to your team to keep you all motivated and walking that bit further.

Top tips – adding more steps to your day

- Walk all or part of your journey to and/or from work – get off the bus a stop early.
- Take the stairs whenever possible.
- Walk up the escalator.
- Go for a lunchtime walk.

Good luck and happy walking

PS: If you have any questions about the Pedometer Challenge, please contact



**HEALTH**  
**AT WORK**

