

Pedometer Challenge

Mission update: week 1

MISSION VERY
POSSIBLE!

CONFIDENTIAL

Agents

Congratulations – the first phase of your mission is nearly complete. Tomorrow morning, it's time to report the total number of steps your team has taken in the first week.

Rumour has it things have already got competitive between some of the teams. Send in your number of steps tomorrow and we'll find out the truth! And remember there's still plenty of time to increase your steps.

Top tips – adding more steps to your day

- Organise a walking meeting to brainstorm ideas with colleagues.
- When you can, walk and talk to people instead of using the phone or email.
- Pick some dining spots ten minutes away to add a walk to your lunch break.

This week, it's time to come up with the best team walking tip and take an outstanding team photo, including all five team members. Send your tip and photo to

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



HEALTH
AT WORK

