

Pedometer Challenge

Mission update: week 2

MISSION VERY
POSSIBLE!

CONFIDENTIAL

Agents

Outstanding work! We are nearly halfway towards the objective. Have you seen our Challenge progress chart at [location]? Check out how your team is faring – are you leading the way?

Top tips – adding more steps to your day

- Join the lunchtime walking group.
- Walk on the spot while on the phone or next to your work station.
- Explore a new area by walking – take a friend and make it social.
- Meditate or listen to top tracks or a podcast while walking to improve your wellbeing.

Next week we'll announce the winners of the best team walking tip and team photo. Don't forget to report the total number of steps taken by each team member in the past week at some point tomorrow.

That's it for now – keep on walking!

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



HEALTH
AT WORK

