

Pedometer Challenge

Mission update: week 3

MISSION VERY
POSSIBLE!

CONFIDENTIAL

Agents

Mission very nearly accomplished! You're doing brilliantly – just one week left and it's time to really challenge yourselves. How can you put in that final spurt? Walking meetings at work, a team lunchtime walk, walking with friends outside work... there are countless ways to increase your steps and your chances of winning.

Don't forget to report the total number of steps taken by each team member in the past week at some point tomorrow.

If you haven't submitted a team photo and walking tip please do it this week.

Check out the Challenge display poster to see which teams are leading the way.

Top tips – adding more steps to your day

- Meet a friend and go for a walk.
- Do some vacuuming.
- Mop the floor.
- Wash the car.
- Do some gardening, especially mowing the lawn.

You're nearly there – just seven days to go. Will your team be the winner? Step to it!

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



HEALTH
AT WORK

