



STAFF WELLBEING CHALLENGE

GET MOVING IN MARCH

- Form a team (3 people per team max)
- Run, walk, jog or cycle 150 miles between you during the month of March (it doesn't have to be an even split!). You can also include mileage from indoor gym activities such as the treadmill, rower or stepper.

Instructions:

- Enter your team- email names to SP by Wednesday
- Log your progress on the spreadsheet
- Drop your evidence into the folder on Google Drive (fitness trackers screen shots, route maps etc)

PRIZES WILL BE GIVEN OUT FOR THE TEAM COMPLETING THE MOST MILES & ALL TEAMS MEETING THE 150 MILE TARGET WILL BE ENTERED INTO A PRIZE DRAW

TAKE SOME TIME AWAY FROM YOUR SCREEN & GET MOVING!

