



STRIDE TOGETHER CHALLENGE

WEEK 4: VICTORY LAP – FINISH STRONG TOGETHER



WELCOME TO WEEK 4

OF THE STRIDE TOGETHER CHALLENGE

Over the past three weeks, you've built healthy habits, supported your teammates, and taken thousands of steps toward better wellbeing. Whether you've walked every day, squeezed in movement between meetings, or encouraged your team along the way, every effort has made a difference.

Now it's time for your Victory Lap. This final week is your opportunity to finish strong, celebrate everything you've accomplished, and help your ERG team end the challenge on a high note. Every step you take this week could make the difference for your team—and for your own personal goals.

MAKE YOUR FINAL MOVE

The final week is here, and every step still counts! Whether you're chasing a personal milestone or helping your team climb the leaderboard, these tips will help you stay focused and finish strong.



STRIDE TOGETHER MOVEMENT MINUTE

Research suggests it takes an average of 66 days for a new behavior to become a habit. The four weeks you spent moving, connecting, and building momentum are an important step toward creating lasting routines.



SET ONE MORE GOAL

Whether it's staying active each day, completing one more workout, or supporting your team, choose one goal that will help you finish strong.



MAKE EVERY DAY COUNT

A few extra minutes of movement each day can make a big impact by the end of the week.



SAVE YOUR BEST FOR LAST

Choose one day to challenge yourself and aim for your highest step count, longest walk, or most active day of the challenge.



STICK WITH WHAT WORKS

Keep doing the activities that have helped you stay active throughout the challenge. Consistency is the key to a strong finish.



FINISH WITH FRIENDS

Invite a coworker, friend, or family member to join you for a walk or workout, and continue encouraging your teammates along the way.



CELEBRATE YOUR PROGRESS

Take a moment to reflect on how far you've come. Every step, workout, and active choice is an achievement worth celebrating.