



STRIDE TOGETHER CHALLENGE

WEEK 2: BUILD YOUR MOVEMENT MOMENTUM



WELCOME TO WEEK 2

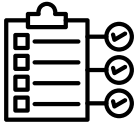
OF THE STRIDE TOGETHER CHALLENGE

You're off to a strong start—now it's time to keep the momentum going! Week 2 is all about building consistency, staying active, and finding new ways to make movement part of your everyday routine.

Every step you take adds to your progress and helps your team climb the leaderboard. Whether you're adding a few extra steps during the day, taking a walk with a teammate, or trying a new activity, every effort counts. Keep moving, stay motivated, and continue building momentum together!

KEEP THE MOMENTUM GOING

You started strong—now it's time to keep that momentum going. Use these tips to build on your progress, stay motivated, and continue finding opportunities to move throughout your day.



Check Your Progress

Look back on Week 1, recognize your progress, and use those wins to keep moving toward your next goal.



Track Your Streak

Challenge yourself to stay consistent by moving every day this week—even if it's just a few extra minutes.



Check Your Energy Window

Notice when you feel most energized and make that your go-to time for movement.



Change It Up

Mix different types of movement into your week to keep things interesting and work different parts of your body.



Create a Movement Challenge

Challenge yourself to take a certain number of steps before lunch, walk during breaks, or hit a personal milestone.



Protect Your Movement Time

Treat your activity like an important meeting. Schedule it, keep the appointment, and get your movement in!



Make it Social

Turn movement into a shared experience by joining a coworker, family member, or friend for a walk or workout.



STRIDE TOGETHER MOVEMENT MINUTE

Walking for just 15 minutes during your lunch break could add roughly **1500 extra steps** to your day. A simple walk can be a powerful way to build momentum!

You've got the momentum—now keep it going! Stay focused, keep moving, and bring your best energy to the challenge. Every step helps your team move closer to the top.