



STRIDE TOGETHER CHALLENGE

WEEK 1: GAME ON – SET THE PACE



WELCOME TO WEEK 1

OF THE STRIDE TOGETHER CHALLENGE

It's time to lace up your shoes, get moving, and kick off four weeks of healthy competition, teamwork, and daily activity. Every step you take helps your team's progress, so whether you're walking the dog, taking the stairs, or heading out for a run, it all counts!

Game Plan for Success

It's time to set the pace! Week 1 is all about getting off to a strong start. Focus on building consistency, finding simple ways to add more movement to your day, and helping your team start strong. The momentum you create now will carry you through the rest of the challenge.

01

SET YOUR GOAL

Choose a daily step goal that challenges you while still feeling achievable. Having a clear target can help you stay motivated throughout the challenge.

GAME PLAN FOR SUCCESS

HOW TO GET STARTED

02

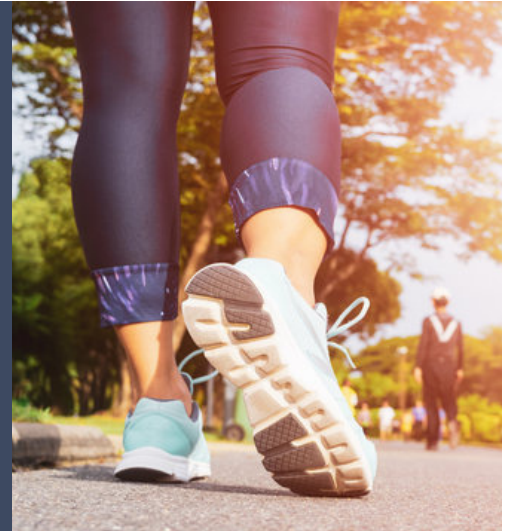
BUILD MOVEMENT INTO YOUR ROUTINE

Find times that work best for you—before work, during lunch, after dinner, or between meetings—and make them part of your daily schedule.

03

MAKE EVERY STEP COUNT

Look for simple ways to add movement. Take walking breaks, choose the stairs, or squeeze in a few extra steps whenever you can – even 10 minutes can make a difference!



04

GEAR UP FOR SUCCESS

Gear up with the essentials that keep you comfortable and ready to move—from supportive shoes and comfortable clothing to a water bottle for staying hydrated.

05

TEAM UP AND STAY MOTIVATED

Invite a teammate, friend, or coworker to join you for a walk or encourage each other throughout the challenge.



STRIDE TOGETHER MOVEMENT MINUTE

Don't have time for a walk? Breaking your movement into **three-10 minute walks** throughout the day can provide many of the **same health benefits as one 30-minute walk** – making it easier to stay active!

06

LOG YOUR STEPS DAILY

It's easier than trying to remember at the end of the week.

Let's get the challenge started strong. Every step counts, every teammate matters, and together we'll build momentum one step at a time.