



RISE TO THE CHALLENGE

STRIDE TOGETHER CHALLENGE

WEEK 1: STEP INTO ACTION

STRIDE TOGETHER CHALLENGE



Welcome to Week 1 of the Stride Together Step Challenge! It's time to kickstart your journey toward more movement, better health, and fun competition. Over the next six weeks, we'll step up together, stay motivated, and challenge ourselves to move more each day.

This week is all about setting your personal step goal and finding simple ways to add more steps to your daily routine. Whether it's a short morning walk, parking a little farther away, or pacing during phone calls—every step counts!

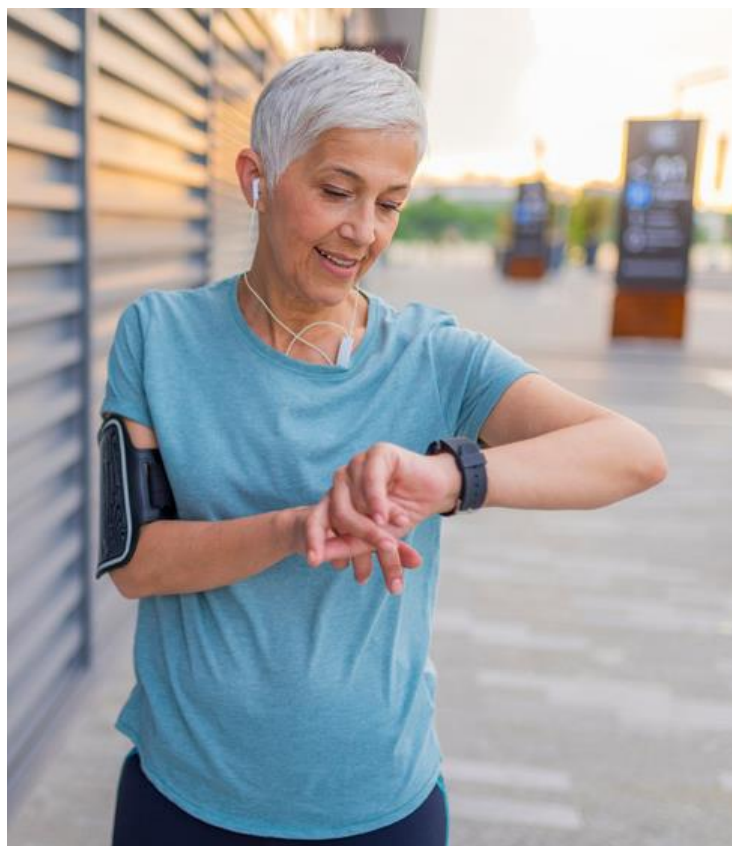
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Tips to Get Started

Tips to Help you Get Started

To kick off the first week of the challenge, here are a few tips to help you get started and make the most of your steps!

- **Set a Goal:** Start by figuring out your average daily steps and set a goal that challenges you while still feeling achievable. Small changes lead to big results!
- **Track Your Progress:** Use a step tracker, smartwatch, or a phone app to monitor your daily steps. Seeing your progress in real time can help keep you motivated and encourage you to stay consistent.
- **Stay Consistent:** Every step counts, no matter how big or small. Focus on moving more each day, and before you know it, stepping will become part of your daily routine.
- **Find Sneaky Steps:** Look for easy ways to move more throughout the day. Take the stairs instead of the elevator, pace while on phone calls, or park farther away from your destination. Explore the **Stride Together Step Challenge Calendar** for daily inspiration and step-boosting ideas!
- **Team Up for Motivation:** Everything is more fun with support! Connect with your team to encourage each other. Share your daily step count, challenge each other to walk breaks, or celebrate small wins together. Teamwork makes every step easier!



ERG SPOTLIGHT



***We are excited to shine a spotlight on the SercoWomen ERG.
Strong women and allies walk together step-by-step.***

About SercoWomen

SercoWomen is dedicated to empowering, recognizing, and developing women and all employees across Serco to maximize opportunities that lead to long-term success. SercoWomen offers its members an interactive space where women and allies support one another in our professional and personal journeys; acknowledging challenges and empowering growth while valuing our strengths at work, home and within our communities. SercoWomen is open to all employees regardless of gender.



Get Connected

- Visit the [SercoWomen SercoConnect Page](#) to Learn More
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