



| STRIDE TOGETHER CHALLENGE

WEEK 3: PUSH YOUR LIMITS



WELCOME TO WEEK 3

OF THE STRIDE TOGETHER CHALLENGE

The challenge is heating up—it's time to Push Your Limits! You've built your momentum, your teams are moving, and now it's time to keep the energy going. With only two weeks left in the Stride Together Challenge, every step, every activity, and every teammate's effort can make a difference.

Power Up Your Progress

This week is all about pushing beyond your comfort zone—trying something new, setting a new goal, and finding ways to keep moving forward. Remember, you don't have to make a huge change to make progress. Small steps add up, and together, they help your team go further.

HOW TO

LEVEL UP YOUR MOVEMENT



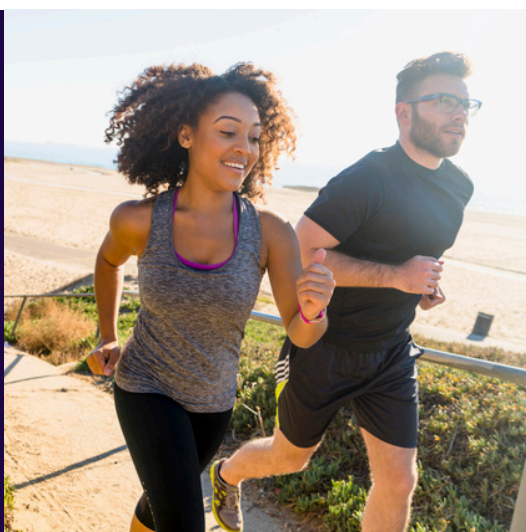
STRIDE TOGETHER **MOVEMENT MINUTE**

Progress happens when you challenge your body in new ways. **Increasing your activity by 10%** at a time can help **build endurance and improve performance**. Whether it's one extra rep, an extra minute, or a faster pace – small changes add up.

01

Chase a New Challenge

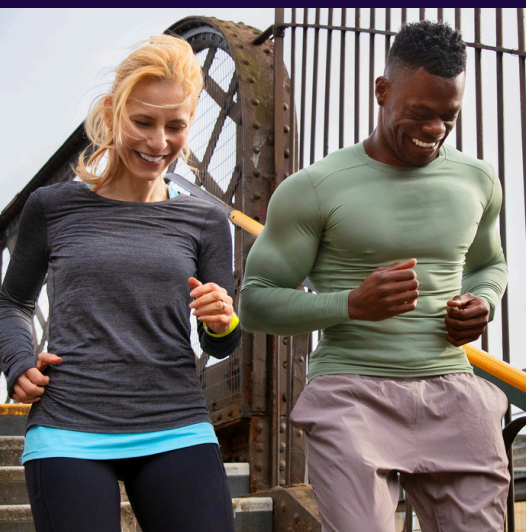
Set your sights on a new goal this week, whether it's reaching a distance milestone, increasing your activity time, or staying consistent.



02

Change It Up

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



03

Turn Up the Tempo

Add bursts of energy to your day with intervals, a faster pace, hills, or a more challenging version of your usual workout.



04

Unlock a New Achievement

Try something you've never done before—a new class, route, workout, or movement challenge.



05

Take Your Workout Outside

A change of scenery can boost motivation. Explore a new trail, park, walking path, or outdoor activity.