



RISE TO THE CHALLENGE
STRIDE TOGETHER CHALLENGE

WEEK 2: EXPLORE & MOVE

STRIDE TOGETHER CHALLENGE



Welcome to Week 2 of the Stride Together Step Challenge!

Looking to keep your steps fun and fresh? Now's a great time to break out of your routine and discover new ways to stay active. Whether it's finding a new walking route, exploring a nearby park, or simply changing how you move through your day, adding variety can boost your motivation and keep things exciting. The key is to keep moving—and enjoy the journey along the way!

STRIDE TOGETHER CHALLENGE

Tips to Get Started

Step Up Your Game: Explore & Move!

Here are a few tips to help you get started:

- **Try a New Route:** Explore a different neighborhood, park, or nature trail to keep your walks interesting. Changing up your scenery can make a big difference in how much you enjoy your steps.
- **Incorporate Fun Challenges:** Turn your walks into mini challenges! Try walking a little faster, adding a few sprints, or aiming to hit a new step goal each day.
- **Take It Outside:** If the weather's nice, take your steps outdoors. Whether it's a walk in the park or a stroll around the block, fresh air can make a world of difference.
- **Get Creative:** Use everyday activities as opportunities to add steps—whether it's walking to the store, pacing while on a call, or taking the long route to your destination.

Keep pushing yourself and let's keep stepping toward those goals! Ready to explore? Let's go!



ERG SPOTLIGHT



As aspiring leaders and changemakers of the next generation of talent, our ability to make a difference in the world starts with how we care for ourselves.

About SercoRising

The SercoRising Employee Resource Group is Serco's early career network - open to all, and designed specifically to support Serco's early-career talent. SercoRising is committed to fostering meaningful relationships and curating targeted resources to elevate the unique perspective and experience of early-career talent at Serco. Our mission is to create a sense of belonging among Serco's early-career community and to position Serco as a place where early-career talent can grow and thrive.



Get Connected

- Visit the [SercoRising SercoConnect Page](#) to Learn More
- [Stay Connected with us on Viva Engage](#)