

# Step Together

Get a team together and take a giant step towards supporting seriously ill children and their families. With every glide, you can help families through the toughest of times and help change lives for the better.



Maintaining a healthy lifestyle can sometimes feel like a full-time job, but it doesn't have to be. Stay active in a step challenge and encourage your colleagues to do the same. Our step by step guide outlines everything you need, so you can walk in and work out!

## Step 1

As a wider team, agree on your step target. This could be '10,000 steps each for ten days', '49,000 steps for the 49,000' or even 'first team to collectively reach 1 million steps!'

## Step 2

Encourage your employees to form teams of approximately three and sign up internally! You can even give special prizes for 'best team name' or 'most engaged team'. Teams can use their phones or watches to track their steps and report back each day.

## Step 3

Set up a Just Giving page to collect your entry fee and for donations for anyone who doesn't hit their daily target! Why not set up a sponsorship scheme or compete against other offices?