



GET UP and MOVING!

Studies show that sedentary lifestyles and sitting for long periods during the day is bad for you. We all get locked in behind a computer screen sometimes so there are a few ways you can get up and keep moving during the working day.

THE ANSWER? join our **10,000 steps UK challenge**

WHAT TO AIM FOR



approximately 5 miles per day



10 mins of walking gets about 1,200 steps



idea is to keep moving - not all in one big chunk!

GET SIGNED UP TODAY!

Contact [Dawn Chadwick](#) for further information on how to get signed up

HOW THE CHALLENGE WORKS



10,000 STEPS A DAY



VIRTUAL TOUR OF THE UK



JAWBONE UP24 KEEPS AN EYE ON THINGS AND CHECKS YOU ARE MOVING AND SLEEPING PROPERLY



TEAM EFFORT



PRIZES AND TROPHIES



10 WEEK CHALLENGE - MAKING A HABIT OF IT

TIPS FOR SUCCESS

AT WORK



PARK FURTHER AWAY FROM THE OFFICE
you can get more steps in



WALK & TALK
take your calls standing up and if using a mobile walk around



STAND UP IN MEETINGS
take control of the flipchart for handaround agendas!



TAKE A WALK AT LUNCHTIME
if the weather is nice take a break and make the most of it



VOLUNTEER TO ACT AS GOFER
if something needs taking upstairs then volunteer to be gofer



DRINK PLENTY OF WATER
get up and stay hydrated!

AT HOME



HOUSEWORK!
grab the dyson



GET GARDENING!
pick up a spade



WASH THE CAR!
polish your pride and joy



WALK TO THE SHOPS!
every little helps



WALK THE DOG
give the dog a bonus walk



DANCE!
to your favourite tunes

GET SIGNED UP TODAY!

Contact [Dawn Chadwick](#) for further information on how to get signed up