

# **Step into Christmas** **Staff Challenge 2023**



Occupational Health and Teesside Sport are challenging you to get out walking, running, or pushing in the lead up to the Christmas break and complete as many steps or miles as possible.

Please join the team's group to record your weekly steps/miles.

<https://teams.microsoft.com/l/team/19%3aAdRSc1hnd39G6EqoE-D85big8n8PXieVv4MSwsn6N7Q1%40thread.tacv2/conversations?groupId=5f81dafd-1a8f-43b2-84af-7d31e00b0e6b&tenantId=43d2115b-a55e-46b6-9df7-b03388ecfc60>

- Open to all Teesside University Staff
- Challenge will run for 4 weeks – Starting on Monday 20<sup>th</sup> November and Ending on Sunday 17<sup>th</sup> December.
- Participants will be responsible for uploading weekly step count via the teams group record sheet.
- Participants who achieve a minimum of 80000 steps or 35 Miles (56 km) over the 4 weeks will be entered into a prize draw to win a 6-month staff gym membership.
- For participants who are unable to track steps we have added in the miles/km option.
- Prize draw winner will be contacted via email no later than 19<sup>th</sup> January 2024.
- We are trusting everyone to be honest and will not be asking for proof of your steps/miles.
- Have fun and enjoy been active.