



AKA DAY CHALLENGE

Take a 1 kilometre walk, or wheelchair, with another staff member.

- 20 points: 1 km with a staff member you haven't walked/wheeled with that month.
- 10 points: 1 km with a staff member you have walked/wheeled with that month.

Optional add ons

- Share a 1 km walking track with everyone - inside or outside - then put a few surprises along the route for others, like happy quotes or 'happy birthdays'.
- For those WFH take your phone and Zoom Zoom your workmate in.
- Use the challenge as a micro-break mid morning or post lunch to ward off sleepy eyes.
- Draw a topic out of a hat to chat about.