Email Blurbs to Accompany the EC for Step It Up Challenge:

Prior to Start Date: (this could go out just before the start date, perhaps can be sent out by the Team Captains a week prior to the start date.)

Are you ready to “Step It Up”? A reminder that the challenge begins on \_\_\_\_\_\_\_\_\_\_\_\_ (add in the start date), but first, it is important to find your baseline. Before we begin, wear your pedometer or device on a weekday of a regular routine and record your step total. This can help you establish a realistic goal when the challenge begins.

Big goals have small beginnings

A little goes a long way….you might find that a 10, 000 daily step goal is steep! Work up from your baseline by adding on a little more each day. Take a look at some of the tips and ideas provided to add on to your daily step goal. Have a good week of stepping!

Hydration (can go with Stay Hydrated week email)

Let’s get started! Those shoes were made for walking, and that’s just what they’ll do! Starting (add in the date) you will start using your pedometer or device to track your steps. Keep your pedometer and a glass of water by your bed at night. Attach your pedometer first thing in the morning. Remember the importance of hydration with an increase in activity and drink a full glass of water upon rising to set your day in motion! Let every step count. Good luck and let’s have fun!

Stretching (can go with Stretch it Out email)

Are you noticing that your coworkers have a little more bounce in their step? Keep going! The end of the Step It Up Challenge is near! At this point of the Challenge, you should find yourself moving more and naturally making the effort to incorporate more physical activity into your work day. As you have become more physically active, you may notice some muscle tension. When increasing your physical activity, muscles can become stressed as they are pushed past a point of movement that they are used to. Are you remembering to stretch?