

Smiles for Miles Step Challenge

To stay fit and fight the home office blues the North America RCO Marketing Leadership team started the Smiles for Miles Step Challenge. Many of us are currently stuck in our offices, patios, on our couches etc. with little to no exercise. This is why the team started a fitness challenge to motivate everyone to get back to a healthy routine.

Over a time period of four weeks the participating team members are asked to track their own daily steps and put them – honor code applies – into a shared document. This challenge can not only help one's health but also pocket as there are prizes for the winners.

In the first week 19 people joined the challenge with a steadily increasing average steps per day throughout the week. The data furthermore shows that each person made an effort to get up and / or get out – which after all is the overarching goal of the challenge.

If you feel motivated feel free to suggest such a challenge to your team members and get everybody moving!

Please see below some beautiful impressions from our colleagues during the walk.



