

London Wins Year of the Heart Cross-Office WinSTRIDE Challenge

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This year, we have stepped up efforts to help firm members achieve a healthier and happier lifestyle through our global [Year of the Heart Winston Wellness initiative](#). The month of June featured our firmwide WinSTRIDE Challenge to spur healthy habits and a bit of friendly cross-office competition.

London took home the WinSTRIDE Challenge championship trophy, with participating firm members in that office averaging 12,528 steps per day during the four-week event.



The Washington, D.C. office came in a close second, with participants logging an average of 10,765 steps per day, and New York ended in third with a respectable 9,774 average.

Using the Stridekick app to track their results, the 400+ firm members who participated in the challenge logged a total of 101,222,699 steps—more than 48,000 miles.

We also held a weekly random drawing from those firm members who logged at least 70,000 steps.

Other Winston Year of the Heart activities have included our [Wellness Week](#) held in May, and we look forward to bringing firm members additional health and wellness programming during the second half of 2018 and beyond.

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