

## Offices Compete in Steps Challenge for Bragging Rights, Enhanced Well-Being

JULY 1, 2019

The month of June featured our 2nd Annual WinSTRIDE Challenge as part of the Winston Wellness Year of Mental Health initiative. More than 450 firm members across all offices participated in this friendly cross-office competition for bragging rights as well as health benefits such as stress relief, improved sleep, and decreased anxiety.

For the second year in a row, London took home the WinSTRIDE trophy. Participating firm members in this office logged an average of 13,481 steps per day during the three-week challenge. The Washington, D.C. office was a close second, with an average of 12,135 steps per day, and Dubai came in third with 10,924.



The individual WinSTRIDE warriors who topped the leaderboard for the most average daily steps during the challenge were:

- Michael Reichman in New York: 45,459 steps per day
- Ariel Morrison in New York: 38,888 steps per day
- Emi Araki in Washington, D.C.: 37,414 steps per day

Our firmwide steps total was 89,156,191 – which equates to 39,889 miles.

Throughout, the WinSTRIDE Challenge, firm members around the globe connected through MoveSpring, encouraging each other with fun photos and positive vibes.

*Watch this video for highlights.*

Other Winston Year of Mental Health 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 2019 and beyond.

1 Min Read

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## Related Locations

Charlotte	Chicago	Dallas	Houston	London	Los Angeles	New York
Paris	San Francisco	Silicon Valley	Washington, DC			

## Related Regions

North America	Europe
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