

Walk This Way: The 3rd Annual Winston WinSTRIDE Challenge Begins June 1st

MAY 29, 2020

Calling all Winston employees! June 1st marks the beginning of WinSTRIDE 2020, an annual steps challenge organized by Well at Winston. In this friendly competition, our employees are grouped by office to see which location can take the most average steps over the course of a month. You can also race to the top of the personal leaderboard by having the highest number of total steps for an individual.

While this event certainly has a competitive edge, everyone who takes this opportunity to improve their health walks away a winner. To participate, contact Senior Benefits and Wellness Specialist [Amy Ingrassia](#) for sign-up instructions.

This year, we added an extra, interactive layer to the competition to keep the spirit of togetherness and comradery alive while social distancing rules are still in place. Each week has a theme that encourages wellness-related discussions and allows you to be social while staying safe.

WinSTRIDE 2020 Theme Calendar

June 1st - 7th: “Me Time” Week

The first week is all about re-centering yourself to prepare for the month ahead. This is a great opportunity to meditate, reflect on your good health, or get some much-needed silence and time away from your computer and phone screens.

June 8th - 14th: Catch-up Week

Use this week to catch up on the important calls you’ve been pushing off. This is a good opportunity to chat with a friend or relative, ping a colleague you miss seeing around the office, or touch base with a client.

June 15th - 21st: Walk & Work

Change your team’s video chat to a phone call and have meetings on-the-go. This is the most productive way to stay on top of your to-do list and the WinSTRIDE leaderboard.

June 22nd - 30th: Family & Quarantine Buddy Week

Get in a brisk walk with your partner, pre-approved “quaranteam,” or a furry friend. This is your last chance to get steps in, so pick people (or pets) who will push you to finish strong

This is Winston's 3rd WinSTRIDE challenge. For the past two years, the London office out-walked the competition and took home the trophy. Will 2020 be the year that they're dethroned? Only time will tell.

Be safe, have fun, and get moving!

2 Min Read

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