

WinSTRIDE 2020 Winners Outpace the Competition

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Throughout the month of July, Winston & Strawn team members made strides toward their fitness goals for the 3rd annual WinSTRIDE walking challenge. Competition was fierce as each office teamed up to walk and run their team to the highest number of average steps. At the end of the 31-day event, Winston team members across the world collectively logged:

- 53,432,424 steps
- 208,720 minutes
- 22,814 miles

However, only one office could come out on top. The Hong Kong team won this year's WinSTRIDE challenge with an impressive 10,722 average daily active steps (DAS). 2020's first, second, and third place teams are as follows:

Top 3 Offices (Avg. Daily Active Steps)

1. Hong Kong – 10,722 DAS
2. Paris – 10,139 DAS
3. London – 9,431 DAS

The top five athletes who logged the highest number of total steps overall—across every office—won a pair of Apple AirPods and a year of bragging rights. We don't know which marathons they're training for, but we are certain they're going to win.

Holistic Health

WinSTRIDE is organized by Well at Winston, an internal committee that focuses on bettering the mental and physical health of our employees. While this competition is over, maintaining a holistic wellness routine is an ongoing challenge. Here are a few of the tips that we shared with WinSTRIDE participants last month to help build an effective wellness routine.

Self Care & Meditation – Set aside time to meditate. A few minutes of mindfulness a day can help reduce stress, cultivate meaningful relationships, and manage difficult emotions.

Find a Fitness Friend – While the main goal of WinSTRIDE is to get us up and moving, it also helps us stay connected; this year, we all found pandemic-safe ways to exercise and cheer on our teammates from afar. Continue this habit by setting wellness goals with friends and family members and holding each other accountable.

Walk & Work – Exercise gives you an infusion of energy, boosts your mood, and has even been linked with improving memory. When appropriate, encourage your team to have one of your weekly meetings on the go or coordinate walking one on ones.

Click on the image below to enjoy a brief video featuring WinSTRIDE Challenge photos from around the globe.
1 Min Read

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