

Steptober

WILL YOUR SCHOOL STEP UP TO THE CHALLENGE?

The days are getting wetter, the nights are getting dark and the marking is piling up! It's difficult to find the motivation to exercise, so why not take on this year's **Steptober STAFF CHALLENGE 2023**

We're challenging staff to compete as a school to complete as many steps as they can over the month of October!

Set yourself a daily, weekly or October step count goal, maybe **10,000** steps a day, **40,00** steps across the week or **150,000** over October.

You can submit your step count weekly or at the end of the month, click [here](#) to submit your results!

We'll be awarding Amazon vouchers at random for those who track and submit their step count. This challenge is open to everyone, so encourage your colleagues to get involved too. We'll be awarding trophies to the schools that complete the most steps.

Will you **step up** to the challenge? Ready, Set, Go!

#STAFFSTEPTOBER23

Did you know?

**A BRIEF 30 MINUTE WALK CAN
CLOCK UP BETWEEN 3,300 AND
3,500 STEPS!**



South Leicestershire School Sports Partnership
Health | Well-being | School Sport | PE | Physical Activity