

**Organization and country:** Bulgaria Training, Bulgaria

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**Name of the activity:** Walking Challenge

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**Overview (What I am going to learn?):** I'm going to learn about an engaging and fun way to increase my physical activity while at the same time creating valuable bonds with work mates, which will foster our team spirit and productivity.

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**Objective (What am I going to learn it for?):** This activity has multiple benefits both for the individual and the team – increasing physical activity, improving health state, teambuilding/ bonding with colleagues, fostering team spirit, competitiveness and productivity within the team.

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**Materials:** Tracking device (i.e. smart watch, mobile phone)

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**Time:** Any specifically defined period – could be 1 week, a month or longer period

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**Target group:** All employees

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### Instructions for facilitators

First step for the facilitator is to make sure that participants are equipped with some kind of tracking device to record their walking activity. Ideally the employer would provide to the employees such a device to have one and the same tool used by everyone and to avoid cheating 😊

The facilitator must define the exact period and the criteria to be tracked.

Last but not least there should be a prize, so that the challenge is motivating and more employees are encouraged to take part in it.

### **Tasks and procedure:**

1. Define or provide a tracking tool to employees
2. Decide on the time frame for the challenge and the KPIs – how long is it going to last? What metrics are going to be tracked, i.e steps, stairs, calories burnt, etc.
3. Communicate the challenge to all employees, via email or Face2Face, creating some special event – make it interesting and exciting.
4. Share the instructions as well as the devices to be used. Everyone has to be clear on what the goal is.
5. Make sure to reinforce not only the teambuilding aspects such as creating strong bonds with colleagues, fostering winning spirit and productivity but also personal benefits – taking good care of yourself, increasing physical activity, improving health state.
6. Encourage employees to split in groups and form teams – they should come up with a team name, team picture and a slogan to be used throughout the game.
7. Share the instructions and the prize for the winning team who makes the most steps.

### **Conclusion and evaluation:**

This is a wonderful, fun and engaging activity which is aiming to increase the physical activity of the employees, improve their health, their relations with other work mates and consequently their productivity at work.