

This is an **example text** that can be used to email all staff and students and to provide information on student and staff pages of your website –and anywhere else that might be relevant for your workplace or campus!

Subject line: *Walktober Step Challenge 2020 — Get Moving to Win Prizes!*

Email text:

Walktober Step Challenge: Monday 5th October - Sunday 1st November 2020

Let's get walking during October to win some great prizes. Create or join a team with your colleagues and compete against others in your organisation and across the country. There will be weekly competitions, updated leader boards, plenty of prizes and plenty of fun.

Can you go the extra step? This year it may be slightly different, but we're challenging you to grab some team mates, lace up your walking shoes and step your way to some great prizes, while adhering to social distancing guidelines! Do you want to get away from the desk, get fitter or just have some good old fashioned fun with your colleagues or fellow students? Then this challenge is for you!

How to take part

- 1. Get into a team of 3 – 6 people*
- 2. Sign up online at www.activetravellogger.ie
 - a) Team captain: choose a team name and set your team up on the Active Travel Logger*
 - b) Team members: sign up online at Active Travel Logger, find a team and join it.*
 - c) Check out the video tutorials and pdf guide on how to use the Active Travel Logger on www.stepchallenge.ie**
- 3. Get a Step Counter — download an app, buy a pedometer, or other step tracking device*
- 4. From 5th October to 1st November get walking where possible while aiming to increase your steps throughout the challenge.*
- 5. Have Fun and Get Competitive!*

You might like to include the contact details of the coordinators here

PS. If you have any questions email stepchallenge@nationaltransport.ie