

# MARCHATHON

3<sup>rd</sup> to 30<sup>th</sup> March 2025

## Step Bingo 🎮 🚶

Make a bingo card with various step-related tasks (e.g., "Take 10,000 steps in a single day," "Walk backwards for 100 steps," and "Go for a sunrise walk"). Teams have to finish the entire card or a row.

## There is lava on the floor! 🔥 🚀

Random "lava alerts" are sent out throughout the day, requiring players to step continuously for a predetermined amount of time (e.g., a 2-minute nonstop walk).

## The Talk and Walk Relay 📞 🚶 ♂

To ensure that at least one person is constantly moving, teams must coordinate step-taking. Bonus: To make it sociable, encourage voice remarks or calls!

## The Historic Walk-Off 🗺️ 🏆

Within the month, each team chooses a local landmark and attempts to reach the corresponding step distance. Whoever finishes first wins!

