

MARCHATHON

3rd to 30th March 2025

Office Olympics –

March 2025 Objective: To make movement fun and competitive by turning everyday office activities into Olympicstyle step challenges. Participants will compete in various step-based events, encouraging teamwork, friendly rivalry, and increased daily movement.

Team Format:

- Employees can participate in teams (3-6 members).
- Points are awarded based on performance in each event.
- The team/individual with the highest total points at the end wins!

Duration:

- Each challenge runs for one week (Monday–Friday) and the overall competition is for 1 month. Weekly and overall winners will be recognised.

Event Lineup

1. Stairway Sprint o Goal: Log the most flights of stairs climbed in a day.
2. Lunchtime Explorer o Goal: Rack up the most steps during lunch breaks. o Employees are encouraged to take new routes each day.
3. Meeting on the Move o Goal: Replace sitting meetings with "walk-and-talk" meetings. o Participants log their minutes spent in walking meetings.
4. Desk-to-Desk Dash o Goal: Accumulate the most steps by walking between desks or departments. o Encourages in-person collaboration and movement.
5. The Virtual Baton Relay o Goal: Keep a continuous "relay" of walking going throughout the day. o One team member walks and passes the "baton" (via chat) after 1,000 steps.



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6. Chair-Free Day o Goal: Minimize sitting time during work hours. o Participants stand, walk, or use standing desks instead of chairs.

7. Post-it Path o Goal: Find hidden Post-it notes around the office, each with a small step challenge (e.g., "Do 100 steps now"). o More completed challenges = more points!

8. Treadmill Typist Goal: If available, employees walk on a treadmill while working. • The most steps logged in a 15-minute session wins!

Scoring System • Each event has a point value (e.g., 10 points per challenge completed).

• Teams/individuals accumulate points throughout the week and also overall at the end of the month. • Winners are crowned based on total points earned! Prizes & Recognition • Daily MVPs:

Small rewards for top performers each week. • Gold, Silver, Bronze Prizes for the top 3 teams. •

Best Team Spirit Award for the most engaged and enthusiastic team.

How to Participate 1. Sign up as a team via the entry form. 2. Track your steps using a phone, smartwatch, or fitness tracker. 3. Submit your scores daily through the competition portal. 4. Have fun and compete for the ultimate Office Olympics Champion title!

Why It Works? Encourages movement without disrupting work. Team-oriented for motivation & fun. No-cost – can be done anywhere, anytime! Boosts engagement and workplace energy

