

10,000 steps a day keeps us on our toes



Jane, Lucy and Katrina on the road to success

- Photo by Tim Pankhurst, courtesy of Dubbo Photo News

The Global Corporate Challenge (GCC) has reinvented the way businesses become, and stay healthy, by founding everything on one principle – fun. The aim is to improve general fitness levels, build teamwork and create an active, healthy and more productive workforce.

While just our Orange office was involved last year, in 2008 we have expanded across the full range of MORSE GROUP locations. Each participant is given a pedometer and must aim to walk at least 10,000 steps per day. By the time to the GCC comes to end, the total number of steps by all involved will hopefully be the equivalent of a 'walk around the world'. Participants are kept up to date with steps taken, how far they've walked and how far they have to go.

The GCC says it's biggest winners are not just the ones who do the most number of steps. It is the participants who consistently improve their totals, set goals and stay committed who are the real winners.

So far the walk, which started in Chile this year, has travelled through Venezuela and is now on track to Jamaica! We're also pleased to report our weekly step average is on the rise and we're keen to hit our target.

A recent article in the *Dubbo Photo News* quotes Katrina Ferguson, from our Dubbo office, "The GCC is great encouragement to get active. It's a fantastic team building experience and a whole lot of fun."