



This challenge is to help encourage employees to look after their health, have some fun and raise some money for good causes of their choosing.

The Challenge

Form teams of 4 or more people (no limit but must be employees)

Appoint a Team Captain

Complete Registration Form and send to katherine.willcox@cemex.com (by 4th April 2016 at the very latest)

Individuals canvas for own sponsorship

What Happens Next....

Each individual will receive a pedometer

Starting on Monday 2nd May and until Sunday 29th May 2016 each individual records the steps they have taken

(If walking is not for you, you can still take part by counting other exercise towards your steps total)

Each week the Team Captain will submit details of their team performance

During and at the end of the challenge we will publicise progress and highlight leading performances

(Submission of related stories and pictures being sent to UK News during the event is highly encouraged)

And at the End....

Everyone who has taken part will be fitter!

Collect your sponsorship money

Donate your final funds to the charity you have chosen

Have a celebration event with your team - you will have earned it!



HEALTH ESSENTIALS

BEING THE BEST

FOR FAMILIES