



## September Challenge

# 10,000 step challenge for the Irish Cancer Society



As part of this year's September Challenge, Priority Drilling are raising funds for the Irish Cancer Society. All of us know someone affected by this terrible disease and we are asking you to participate and donate as part of our 2021 September Challenge.

The challenge set again this year is to take 10,000 steps daily for the month of September which we will refer to as Steptember. 10,000 steps equate to approx. 8km, therefore at the end of the month (30 days) you will have taken steps that equate to 240km

Most people walk between 3,000 and 5,000 steps a day. The challenge is to make up the extra steps so that you reach the goal of 10,000 steps per day, which is the recommended number of steps by the World Health Organisation (WHO) for health benefits.

This challenge is for everyone, regardless of your fitness.

A Just Giving Page has been created at this link

<https://www.justgiving.com/fundraising/priority-drilling-septemberchallenge>

Each employee is asked to donate €20 to this charity through the Just Giving Page

- 1) A 'live' Google spreadsheet will be developed for all registered employees.
- 2) For the month of September each employee records their daily steps and informs their site Supervisor. The site Supervisor will input the steps on a daily/weekly basis for each employee onto the google spreadsheet.
- 3) Priority Drilling will match the amount of money raised by employees for the Irish Cancer Society
- 4) All of the funds are going directly into the Irish Cancer Society account via the Just Giving Page

### Tips to add more steps into your day

Park further away in the carpark

When at home watching TV get up and move

Walk during break times and after work

Go for a brisk 10-15min walk

Walk and talk to colleagues instead of phoning them or emailing

Hopefully this will be the start of a positive healthy habit for everybody who participates!

**Remember every step counts!**