

Move Together

DAILY MOVEMENT TEAM CHALLENGE

Get ready to get active and embrace a healthier lifestyle?

By participating, you'll boost your well-being and develop healthier habits in a supportive team environment.



Together, we'll focus on increasing our daily step count and keep each other motivated as we work towards shared goals. Let's get moving and make every step count!

Why “Move Together”?

Physical fitness isn't just about getting through the day—it's about thriving with energy, enthusiasm, and a zest for life! Imagine tackling your daily tasks with vigor, enjoying your favorite activities without fatigue, and having the stamina to handle any surprise that comes your way. Boosting your physical fitness brings incredible health benefits like a lower resting heart rate, improved blood sugar levels, and a reduced risk of injury.

Join us for the “Move Together” Team Challenge, a six-week journey designed for everyone, no matter your baseline! Set your own goals, embrace daily movement, and build healthy routines with the support of your team. Together, we'll achieve small, attainable milestones and hold each other accountable, creating a community of encouragement and success.

Join the Challenge!



Focus on wellbeing
and keep your team
accountable



Form new healthy
habits and try
something new



Connect with
teammates in a
fun way

Join the fun!

DISCOVER SIMPLE WAYS TO BOOST YOUR WELLBEING AS A TEAM

Each week, you'll tackle a simple goal aimed at getting you moving. Focusing on daily movement should be enjoyable and easy, helping you stay active and energized throughout the day.

As a team, you will track your completion against weekly goals based on your individual and team step counts shown below:



Week 1: Daily Step Goal

Minimum 4,000
steps per day

Week 2: Daily Step Goal

Minimum 5,000
steps per day

Week 3: Daily Step Goal

Minimum 5,000
steps per day
+
Achieve
Weekly Team
Goal

Week 4: Daily Step Goal

Minimum 5,000
steps per day
+
Achieve
Weekly Team
Goal

Week 5: Daily Step Goal

Minimum 5,000
steps per day
+
Achieve
Weekly Team
Goal
+
Stair Climbs

Week 6: Daily Step Goal

Minimum 5,000
steps per day
+
Achieve
Weekly Team
Goal
+
Stair Climbs

Are you ready to “Move Together”?

You can join the challenge in two ways:

1. **Lead the Way!** Become a Challenge Lead and access step-by-step instructions in the Library of the Health & Wellness Centre.
2. **Join the Fun!** Receive an email with all the details from a Challenge Lead.

No matter how you choose to participate, this is your chance to spark positive change and enjoy the journey with your team!

Learn more at [TeladocHealth.ca](https://www.teladochealth.ca)

About Teladoc Health: Teladoc Health is empowering all people everywhere to live healthier lives by transforming the healthcare experience. Recognized as the world leader in whole-person virtual care, Teladoc Health leverages clinical expertise, advanced technology and actionable data insights to meet the evolving needs of consumers and healthcare professionals.

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