



Step Count Competition



Clean Air Day is happening on **Thursday 15th June 2023**. The theme is: “**Clean up our air to look after your mind**”

Cleaning up our air not only benefits the environment and our physical health, but also protect our mental and brain health. That’s why we are running a friendly step count competition to encourage cleaner ways of getting around by leaving the car at home for example, and also utilising the benefits being outdoors has on our mental health and wellbeing.

Even if you aren’t taking part in the competition, we can always do more at an individual level to reduce our emission levels such as taking public transport, turning off appliances etc. We also have our Local Litter Picking and CAD Webinar for you to get involved in if this isn’t for you. Please see the [Clean Air Hub](#) for more info.

1. To take part, speak to your local office representative so you can join our [Strava](#) group so that you can log your steps per day.
2. At the end of each week (starting the 1st of June), total up how many steps you have done.
3. Send your total to your local office representative who will add all the totals from everyone in their area together.
4. The competition will end on the morning of the 15th of June and all steps will go for a final count to reveal the office/team who has completed the most steps in the 2-week period.
5. The winner will be announced in the Clean Air Day Webinar.
6. Take pictures along the way! Send any pictures from your travels worth a shoutout into your office reps so we can upload them to our social media pages.



Save the date for #CleanAirDay!

