

MAD MARCH MILLION

Team Walk Photo



Take a team photo while heading out on a walking lunch break.

Standing Meeting



Hold a meeting standing up rather than sitting down

Use the Stairs



Choose the stairs instead of the lift today.

Park and Walk



Park further away than usual and enjoy the additional steps.

Walking Phone Call



Take a walk while making or receiving a phone call.

Scheduled Stretch Breaks



Set reminders for 10am and 3pm to pause and stretch.

Kettle Mobility Moment



Complete a few shoulder rolls while the kettle is boiling.

Invite a Colleague



Invite a colleague outside your MMM team to join your lunchtime walk.

Movement Snack Break



Feeling tired or sluggish? Take a short movement break to reset your energy.

BONUS POINT BINGO

Earn bonus points for your team by uploading evidence of your 10 active minutes via the link in your daily check-in email.

