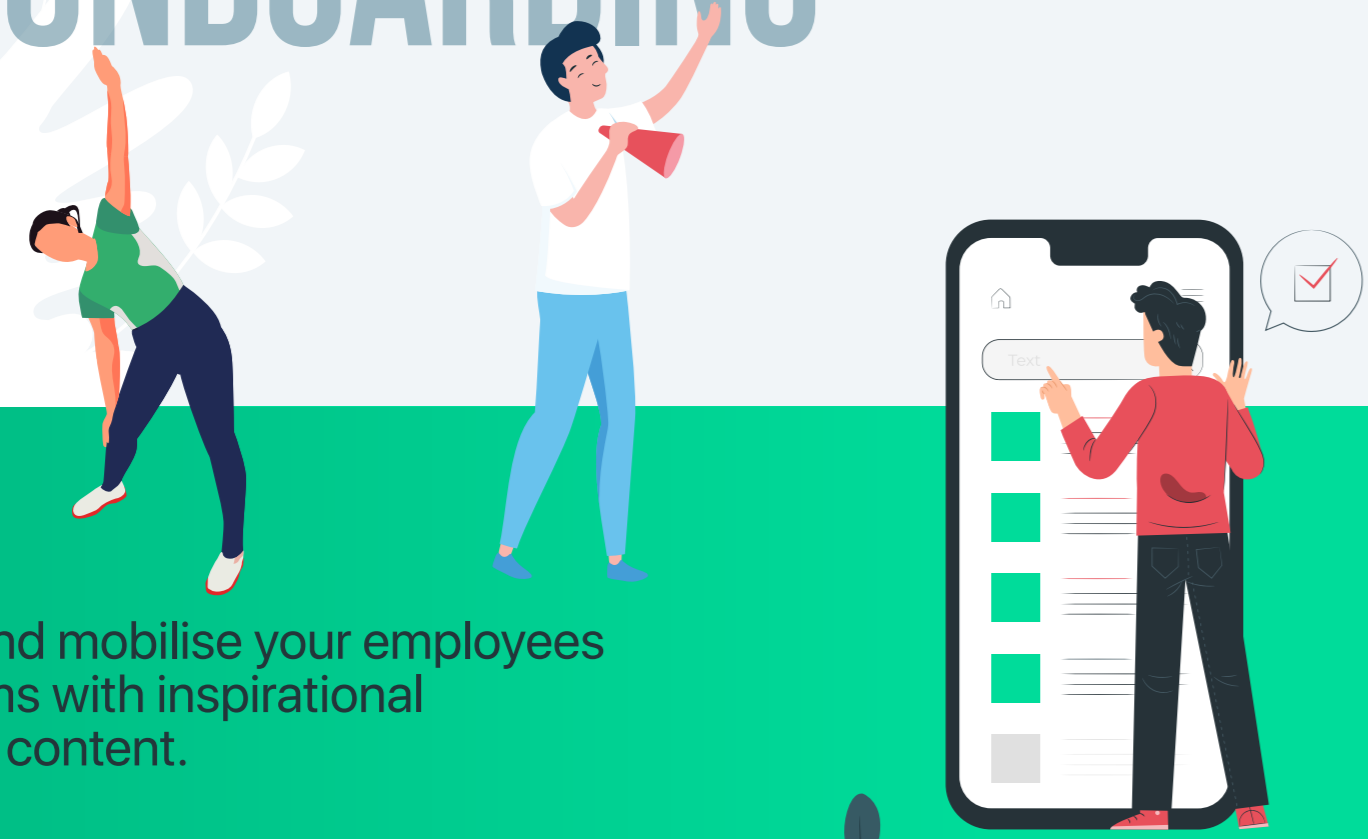


# 1 MOBILIZE EMPLOYEES + CUSTOMERS ONBOARDING

Inform and mobilise your employees and teams with inspirational branded content.



# 2 GET GOING! 5K CHALLENGE

Join the movement and select your team. Participate in solo runs/walks and department walk & talks to drive up your score



# 3

## COACHES + REPLAYABLE EVENTS LIVE TRAINING SESSIONS

Opt to join the weekly LIVE training sessions with professional coaches or use the replay



# 4

## POD WALKS & RUNS DJ + INTERVIEWS

Enjoy LIVE talks with inspiring speakers, DJs, and interviews while you walk or run.



# 5

Host your own department challenges and contribute to your team's leaderboard.



## TEAM CHALLENGES LIVE WALK AND TALKS

Join the race and represent your team, or join as a spectator and cheer on your team

# 7

## REFLECTION + FEEDBACK PLAN NEXT EDITION



# 6

## JOIN AS PARTICIPANT OR SPECTATOR LIVE RACE WITH COMMENTATOR

