



# ONE MILLION STEPS For Wellness

Dear Parent/Guardian,

**Our friends at Go Well are completing “1 MILLION STEPS FOR WELLNESS” in October Half Term (Mon 26th - Fri 30th Oct) and we would love you to join in!**

Here is some further information from Go Well:

### **Why join in?**

- Exercise is good for your physical and mental health and you will get plenty of exercise in this challenge!
- Completing a challenge with a team brings even more benefits to mental health and connection.
- We are raising awareness and money for Young Minds, a charity who support children and young people’s mental health.
- To have some fun! We promise to keep you entertained along the way!

### **Who can join in?**

- Anyone, from anywhere! For example, staff groups from schools or businesses, groups of children (with an adult helper), family groups, friendship groups.

### **What you need to take part:**

- A team of willing participants! We suggest 5-12. It can be all adults, all children or a mix.
- A team captain – this person will collate and input your daily steps total. (NB a team captain must be an adult, if this is for a “children only” team they do not have to contribute to the steps total)
- A way for all individuals to measure their daily steps (Smartwatch, phone, pedometer)
- For this challenge we suggest that 1 mile = 2,000 steps

**Are you up for the challenge?**

Register at <https://www.go-well.org/1-million-steps/>

We are supporting the YOUNG MINDS charity and have set up a JustGiving page if anyone would like to donate. You will receive more information on this when you register.

[www.go-well.org/1-million-steps](https://www.go-well.org/1-million-steps)

**#GoWellMillion**