

STEPS INTO MARCH CHALLENGE GUIDE

Someone once said that the strength of the team is each individual member, and the strength of each member is the team. Pretty philosophical, sure, but how true! Spring will be arriving soon and the timing is perfect for our next RITE On! Core Value Challenge: **TEAMWORK**.



OUR THIRD OFFICIAL CHALLENGE ... TEAMWORK

ACHIEVING EXCELLENCE TOGETHER

At American House, our Rite On! core values stand for Respect, Integrity, Teamwork and Excellence. These are the values we live and work by every single day. The foundation of our company culture, our core values are a shared set of beliefs and standards that guide our actions.

TEAMWORK is the ability of individuals to collaborate effectively with each other toward achieving common goals. It involves mutual support, communication and cooperation, where each team member recognizes we're stronger together than alone.

Just what you'll need for this challenge!

EVERYONE LOVES SPRING

A magical time of the year, spring evokes the best things: fresh air, flowers blooming, and the warm sun. We can't think of a better time to get outside and move in rhythm to nature than with our very own STEPS INTO MARCH challenge.

HOW IT WORKS

Our STEPS INTO MARCH challenge is as simple as a spring afternoon:

- Assemble a team of five and designate one member as team captain.
- Register your team for the challenge by scanning the QR code.

- Fill out the form and you'll receive a follow-up email with your Weekly Steps Tracker.
- Each participant tracks their daily steps and sends their weekly total to your team captain.
- The team captain is responsible for updating the team's progress in the Steps Tracker.
- At the end of the challenge, the team captain will receive a link by email to share the team's total steps.

The challenge begins on March 1 and ends on March 28. The team with the most steps ... you guessed it, WINS! Each participant will take home \$100!

WHAT YOU'LL NEED

Yes, there are a lot of step-tracking apps you can use. Whatever you're most comfortable with, have at it. In case you're new to this, here are five that you may like:

- Strava
- Fitbit
- Nike Run Club
- MapMyWalk
- Apple Fitness+



Scan to register!

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