

## Site Winner = Aurangabad, India, 97,534 average steps per participant

To motivate and promote the step challenge on site we started the communications well in advance for the competition. During our daily meetings we made this competition a part of our discussions. Being a small site also helped as it gave us more opportunity for personal interactions with participants for stepping up to the challenge.

Some of the things we did to encourage participation was we started taking a group walk during our plant rounds. We also encouraged the employees to walk up to other departments rather than communicating through phone. Most of colleagues did it on their own.

An advantage we had was that many of us walk a lot during our day to day life. Many of us were already walking more than 12K steps even before this competition had begun, so increasing the count was not difficult as it was already a part of our life. And of course rains also helped a lot as it brought down the temperature as Aurangabad is quite a hot and humid place. The start of the religious season also helped as few of the employees walked almost 30 km once a week to visit their deity temple which is a common practice in our country.

Some advice I would give would be that if one can spare some time out of their busy routine then take a walk around even inside one's cabin. Walk up to your colleagues work stations rather than calling or emailing. During non-working hours make your family especially your kids a part of your daily exercise routine which will help make the activity more fun and enjoyable.

I do not need to give any advice to other site managers the only thing I can do is to put a challenge before them, this was just the beginning beat us if you can next year!

~Randhir Kumar, Site Manager, Aurangabad



2 <sup>nd</sup> Cincinnati Technology Center	U.S.	91,654
3 <sup>rd</sup> Morris Complex	U.S.	90,021
4 <sup>th</sup> Bayport Complex	U.S.	88,795
5 <sup>th</sup> Wesseling Site	Germany	88,688